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The Milky Way to Economy

Compiled by
GERTRUDE FORD DANIEL

PRICE TWENTY-FIVE CENTS

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To the Women of America

I WANT to say that THE MILKY WAY TO ECONOMY is a conscientious endeavor to bring to your notice the value of milk.

It is in the spirit of helpfulness and cooperation that I have made this compilation, after observing the benefit of milk as a food.

The recipes and reading matter included in this book have been gathered from various sources.

Credit is due especially to the U. S. Department of Agriculture.

Gertrude Ford Daniel

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Gertrude Ford Daniel
1919

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OCT -9 1918

THE MILKY WAY TO ECONOMY

WHAT IS MILK?

Milk is one of the most important food sources the human race possesses. For the proper nourishment of the child it is absolutely indispensable and its use should be kept up in the diet as long as possible. Not only does it contain all the essential food elements in the most available form for ready digestion, but recent scientific discoveries show it to be especially rich in certain peculiar properties that alone render growth possible. This essential quality makes it also of special value in the sick room.

For the purpose of stimulating growth, and especially in children, butter fat and other constituents of milk have no substitutes. Therefore, every parent owes to himself and to his family the duty of providing the requisite amount of milk, butter, cheese and other dairy products. When milk increased in price as well as all other articles of food many families among the poor were found giving their children tea and coffee instead of milk. Such methods of feeding fail to nourish the child properly.

DON'T THROW OUT SKIM OR SOUR MILK

Clean skim milk is a valuable food, containing all the nourishing elements of whole milk except the fat or cream. It is useful in cooking cereals, soups, sauces, cocoa, etc., and is a palatable, nourishing beverage.

Sour milk and buttermilk can be used with soda in baking hot breads, or sour milk can be easily turned into cottage cheese, or clabber. Sour cream is a good shortening for cakes and cookies, and is useful for salad dressings and gravies for meat.

"MILK—THE BEST FOOD WE HAVE," issued by the U. S. Department of Agriculture, is an expression of the government's purpose to foster the liberal use of dairy products in the United States.

Give your children milk, a quart a day for every child, if possible. A pint without fail.

Plenty of milk will help give all your children, big and little, the chance for health they ought to have.

Save on other things if you must, but not on milk, your child's best food.

Spread among the mothers the knowledge that milk is our best food.

ANOTHER OFFICIAL STATEMENT ADVISES:

"Buy at least a pint a day for every member of your family."

It is fully appreciated that prices of milk must bear some relationship to other farm products, and that in order to prevent depression of the dairy industry, a rise in the cost of producing milk must be accompanied by a rise in the price received for it. Even at an apparently high price milk is a cheap food for children, and efforts are now being directed toward acquainting the public with this fact. The liberal use of milk is necessary for the best nourishment of the people and especially for young children.

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SOUPS

Cream of Asparagus Soup.

One pint of asparagus pulp, one and one half pints of chicken stock, one tablespoon of butter, two tablespoons of flour, salt and pepper and one cup of cream. After asparagus is boiled very soft, press through a sieve, then measure. Dilute with the stock. Melt the butter, blend in flour and seasoning and add to soup. Place on fire and add the cream. Beat with an egg beater and serve very hot.

Ginger Cream Soup.

Four tablespoons of butter, three tablespoons of flour, three cups of milk, two spoons of salt, one-eighth teaspoon of pepper, one teaspoon of ginger, one cup of cooked vegetable (as carrots, peas, celery). Make a white sauce as follows: Melt the butter, add the flour and ginger; cook until it bubbles; add milk gradually, stirring constantly. When all the milk is added season with salt and pepper and add the vegetables, chopped fine or forced through a sieve. Heat and serve with croutons. Left-over vegetables may be utilized in making this soup.

Potato Soup with Carrots.

Three medium-sized potatoes, 2 cups water, 4 tablespoons flour, soup greens, 2 slices of onion, sprigs of parsley, 1½ cups milk, 1 carrot, 1½ tablespoons fat, salt and pepper, stalk of celery.

Wash and pare potatoes. Cook in boiling salted water until they are soft. Rub through colander. Use water in which potatoes were cooked to make up the 2 cups of water. Cook carrot cut in cubes in boiling water until soft; drain. Scald milk with onion, celery and parsley. Add milk and water to potatoes. Melt fat in saucepan, add flour and cook for three minutes. Slowly add soup, stirring constantly. Boil for one minute, season with salt and pepper. Add cubes of carrots and serve.

Cabbage and Potato Soup.

Half pint boiled cabbage, finely minced; 3 medium-sized potatoes, 1½ level tablespoons butter, drippings or other fat; 1 teaspoon salt, ¼ teaspoon pepper, 1½ pints milk, whole or skim milk, boiling hot.

Peel the potatoes, cover with boiling water and cook until tender—usually thirty minutes. Pour off the water and mash until fine and light; add the cabbage, butter and seasoning; then slowly add the hot milk; boil up well. If a thinner soup is required, the amount of milk can be increased. If liked, an onion cut up fine and cooked in a little water may be added to the soup to give additional flavor, or grated cheese may be served with it. Kale, turnips or a mixture of vegetables can be substituted for the cabbage; this is a good way to use up left-over vegetables.

General Recipe for Milk-Vegetable Soups.

Two cupfuls of milk, 1 tablespoonful of flour, 1 tablespoonful of butter, salt, 2-3 cupful thoroughly cooked vegetable, finely chopped, mashed or put through sieve.

Thicken the milk with the flour as for milk gravy; add the other ingredients. If the soup is too thick, as it may be if the vegetable is starchy, thin it with milk.

Milk and Cheese Soup.

Three cups milk, or part milk and part stock, 1½ tablespoons flour, 1 cup grated cheese, salt and paprika.

Thicken the milk with the flour, cooking thoroughly. This is best done in a double boiler, with frequent stirrings. When ready to serve, add the cheese and the seasoning.

The protein in this soup is equal in amount to that in five-sixths of a pound of beef of average composition; its fuel value is higher than that of a pound of beef.

Green Pea Soup.

One quart peas, 3 pints water, 1 quart milk, 1 onion, 2 tablespoons butter or drippings, 1 tablespoon flour, 3 level teaspoons salt, ½ teaspoon pepper.

Put the peas in a stewpan with the boiling water and onion and cook until tender, which will be about half an hour. Pour off the water, saving for use later. Mash the peas fine, then add the water in which they were boiled and rub through a puree sieve. Return to the saucepan, add flour and butter together; then salt and pepper. Now gradually add the milk, which must be boiling hot. Beat well and cook ten minutes, stirring frequently.

Lima Bean Soup.

1 cup dried lima beans, 2½ quarts cold water, 1 pint milk (whole or skimmed), ½ onion, 2 tablespoons flour; 1½ teaspoonfuls salt, 1-8 teaspoon pepper, 1 inch cube fat salt pork.

Pick over beans and soak several hours, drain, add cold water. Simmer three or four hours, or until soft; rub through a sieve. Try out the pork and cook the onion in it until brown. Remove onion, add flour, salt and pepper, and milk. Cook until it boils then add beans and mix thoroughly.

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MILK A MAN'S DRINK.

Your efficiency and earning power depend almost wholly on what you eat. To keep yourself physically fit, mentally alert—with clear eyes, vigorous strength and a manly confidence of bearing—drink more MILK with your meals and use it freely and regularly during your work-day, especially at luncheon.

A cool, refreshing glass of milk at frequent intervals will soothe your tired nerves and strengthen your over-wrought digestive tissues. It will keep your faculties of mind and body running smoothly—dispel that tired feeling—and enable you to work harder, longer and with less fatigue. It invigorates and stimulates and you'll never desire artificial stimulants once you use milk freely and regularly. It will increase your efficiency and skill which in turn will increase your salary!

The business man will find that the most satisfying and healthful noonday lunch will consist largely of good pure milk. The result will be an active clear brain, during the early hours of the afternoon, which a meat diet would make the most inefficient hours of his working day.

Persons troubled with digestive troubles, whether they be of a serious nature or not, will find in most cases that a milk diet is beneficial.

AN EXCELLENT FOOD FOR THE KIDNEYS

Milk is a food which contains scarcely any extractives. In consequence it is an ideal food for the kidneys, through which it passes without causing the least injury to these vital organs; this cannot be said of meat with its numerous extractive substances. Milk contains very little salt, which qualifies it as a most excellent food. Milk diet has rightly been given since the early days of medicine in kidney troubles. Since in old age there is an increase of connective tissue in the kidneys, with impairment of their eliminative capacity, on this account also milk diet is the most suitable for old persons.

It is reported that in the hospitals of Europe wounded soldiers who were given a liberal supply of milk and butter recovered more rapidly than those who did not receive these articles of food.

EVERYBODY NEEDS MILK.

"In Professor Sherman's class for teachers at Columbia University, some one asked: 'How long should a child keep up the use of milk?' and he laughed and said: 'Well, I should think that by the time he was forty, he might safely leave it off.'"

BUTTERMILK AN ALIMENTARY ANTISEPTIC.

Though sour milk products of all kinds are to be commended as a means of combatting the putrefactive bacteria in the intestines, which according to Metchnikoff are the cause of old age, buttermilk is probably the most valuable as a food antiseptic for the stomach and alimentary canal.

Buttermilk as a substitute for fruit acid such as is furnished by oranges, lemons, apples, is often recommended. Furthermore, it is of more value as a stomach antiseptic where fermentation is present.

In conditions associated with foul breath, coated tongue, etc., one will be tremendously benefitted by the free use of buttermilk. It can be taken after a meal or with a meal; and may also be taken before retiring at night, provided the system needs the acid.

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Spinach Soup.

One quart of spinach (4 ounces), 1 thin slice of onion, 2 slices of stale bread (2 ounces), 1 quart of skimmed or whole milk.

Put the spinach and onion through the meat chopper, following them by the bread, in order that there may be no waste. Put into a double boiler with the milk and cook until the spinach is tender.

Rice Soup.

Take ½ pint of chicken stock and 2 tablespoons of rice. Let them simmer together 2 hours, then strain and add ½ pint of hot cream and salt to taste. Boil up once and serve hot.

Bisque Soup.

One quart can tomatoes, 3 pints milk, 1 large tablespoon flour, butter size of an egg, pepper and salt, scant teaspoon soda. Put tomatoes on to stew in milk in a double boiler to boil, keeping out ½ cup milk to mix the flour. Mix until smooth, then add to the boiling milk and cook ten minutes, add soda to tomato, stir well and strain through sieve, add butter, salt and pepper, mix and serve immediately.

Onion Soup.

Peel and wash six onions, cut into thin slices, cook in one-fourth of a cup of hot fat, turning them over until they are of an amber shade; sprinkle two tablespoonfuls of flour, stir and cook until the flour is absorbed, then add one quart of milk and let cook, stirring constantly until boiling, then let simmer twenty minutes. Add salt and pepper to taste. Serve in cups with a spoonful of croutons sprinkled above the soup.

STEWS AND CHOWDERS

Milk Stew.

One quart of milk, 1 cupful raw potatoes, cut into small pieces, 2 tablespoonfuls of butter, 1 cupful of codfish cut into small pieces.

Soak the fish in lukewarm water until it is soft and the salt removed. Cook the potatoes in water until tender, drain them, add the milk and codfish, and bring to the boiling point; add the butter, and salt to taste.

In place of the codfish any other salt or fresh fish, oysters, or a little chipped beef may be used. Or the fish may be omitted and the soup made savory and palatable by adding a few drops of onion juice, or a vegetable cut into small pieces and cooked thoroughly.

Gypsy Stew.

Cut bits of salt pork in small cubes, fry until brown; add small new onions, new potatoes, and peas with a few new carrots; cook in just enough water to keep them from scorching and add a quart or less of good rich milk with seasonings when ready to serve.

Any left-over cooked corn, tomatoes, rice or lima beans may be added.

Lobster Stew.

One large lobster or its equivalent, pick all the meat from the shell, wash in cold water, chop fine, take 1 quart of milk, pint of water, when boiling add lobster, generous piece of butter, salt, pepper, to taste, tablespoon flour, boil 10 minutes.

Shrimp Stew.

Heat ¾ of a quart of milk in double boiler. Take 1 can of shrimp, rinse, remove dark line, and break in pieces. Put ½ cup of the water which you saved from shrimps, on stove and when hot add shrimps and generous piece of butter. Add this to hot milk and season with salt and pepper and serve with oyster crackers. May be thickened if desired.

Corn Chowder.

One can of corn, four cups sliced potatoes, one-half pound salt fat pork, one sliced onion, one quart scalded skimmed milk, eight common crackers or squares of toast, salt and pepper.

Cut pork in small pieces and try out; add onion and cook five minutes, stirring the onion often so that it may not burn. Parboil potatoes five minutes in boiling water to cover; drain and add potatoes to fat; cook until potatoes are soft, add corn, whole or skimmed milk, then heat to boiling point. Season with salt and pepper. Add the crackers or toast soaked in enough cold skimmed milk to moisten. Remove crackers, turn chowder into tureen and put crackers on top.

Stewed Oysters.

Drain the liquor from 2 quarts of firm, plump oysters. Mix with it, small teacupful hot water, add a little salt and pepper, and set over the fire in a saucepan, let it boil up once, put in the oysters, then let them boil for 5 minutes or less. When they "ruffle" add 2 tablespoonfuls of butter. The instant it is melted and well stirred in, put in a quart of boiling milk or cream and take the saucepan from the fire.

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Potato Stew.

Pare and slice ½ dozen potatoes, boil with one onion in just water to cover. Add 1 cup hot milk with butter the size of an egg and a little flour thickening, salt. Add slices of stale bread.

Fish Chowder.

Three pounds fish, 4 tablespoons butter, 1 medium onion chopped fine, 1 quart sliced potatoes, 3 cups hot milk.

Skin and bone the fish, cut into inch cubes. Cover the bone and trimmings with cold water and let simmer for one-half hour. Cook the onion in the fat for 5 minutes, then pour into a stewpan.

Parboil the sliced potatoes for 5 minutes, then drain and add layers of fish and potatoes to the fat and onion in the stewpan. Season each layer with salt and pepper.

Strain the liquor in which the fish bones have been cooking over all, and cook 20 minutes until fish and potatoes are tender. Then add the scalded milk. If desired thicker, sprinkle a little cornmeal between each layer of fish and potatoes.

Dried Fish Chowder.

One-half pound salt fish, 4 cups potatoes, cut in small pieces, 2 ounces salt pork, 1 small onion chopped, 4 cups skimmed milk, 4 ounces crackers.

Salt codfish, smoked halibut, or other dried fish may be used in this chowder. Pick over and shred the fish, holding it under lukewarm water. Let it soak while the other ingredients of the dish are being prepared. Cut the pork in small pieces and fry it with the onion until both are a delicate brown, add the potatoes, cover with water, and cook until the potatoes are soft. Add the milk and fish and reheat. Salt, if necessary. It is well to allow the crackers to soak in the milk while the potatoes are being cooked, then remove them, and finally add to the chowder just before serving.

FISH

Salmon Scalloped.

Place in a baking pan a layer of crumbled crackers, a layer of flaked salmon, repeat until dish is full. Dressing, ¼ pound butter, 2 tablespoons of flour, 1 pint of hot milk, salt and pepper. Set on stove and allow to thicken. Pour over the above and stand in hot oven 15 minutes.

Fish Custards.

Flake as fine as possible 2¼ cups of any kind of cooked white fish, add 3 beaten eggs, 1¼ cups of milk, pepper and salt to taste. Have ready some buttered cups, fill them about half full, stand them in a pan of hot water, bake 20 minutes. Turn out on a heated platter and pour over them a rich, highly seasoned white sauce.

Creamed Codfish.

One-fifth pound salt cod, 4 tablespoons butter, 4 tablespoons flour, 2 cups milk.

Pick codfish in pieces, cover with warm water and allow to soak for about three hours, or until soft. Melt the butter, add the flour, cook for three minutes. Add milk and cook until it thickens. Drain codfish, add to white sauce. Heat, serve.

Creamed Oysters.

One-half pint oysters, (1 cup), 1 pint milk, 4 tablespoons flour, 4 tablespoons butter, ½ teaspoon salt, pepper.

Melt butter, add flour and cook together for three minutes. Add milk and stir constantly until thickened. Add seasoning and oysters, and keep white sauce just below boiling point, allowing the oysters to cook slowly until the edges curl. Serve on toast.

Scalloped Oysters.

One quart oysters, 20 soda crackers, 1 pint milk, ¼ pound butter. Put all of your oysters in a baking dish, crush the crackers, add them to the oysters, then milk, add a little salt and pepper, lastly the butter. Bake from one-half to three quarters of an hour.

Clam Batter.

One egg, ½ cup milk, butter size of walnut, ½ teaspoon soda, a little salt, flour enough to make a thin batter as for griddle cakes. Stir clams in batter and drop from a fork one at a time into a dish of deep, hot fat.

Salmon Loaf.

Mix ½ cup salmon, fresh or canned, ½ cup stale bread crumbs, 1 beaten egg, ½ cup milk, ½ teaspoon lemon juice, ½ teaspoon onion juice together; salt and pepper to taste; put in a greased baking-dish or any greased tins or custard-cups and bake in moderate oven for about twenty minutes.

Creamed Fish.

Pick the fish into small pieces and heat in milk. Melt one tablespoon of butter, add one tablespoon of flour, and pour on gradually one cup hot milk. Stir until it thickens slightly. Add fish and cook gently for one minute.

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Creamed Finnan-Haddie.

Tear haddies into small strips; wash clean and place in saucepan with quart of water; let it simmer half an hour; then pour off water and add one pint of fresh milk. When this comes to boil thicken with one tablespoon of flour; let it boil five minutes and add butter (size of a walnut) and a little pepper, and serve.

Creamed Salt Codfish.

Pick in small pieces one cup salt codfish; cover with lukewarm water and let it stand on back of range until softened. Melt one tablespoon butter, add one tablespoon flour, pour on gradually one cup hot milk. Add fish, and serve on a hot platter with fried cubes of salt pork.

Salt Mackerel in Cream.

Soak fish over night in cold water. Lay into a baking pan, and to one mackerel add half a pint of milk, put into the oven, and bake twenty-five minutes. About five minutes before it is served add a small piece of butter.

Fish, Stuffed and Baked.

Fish, 3¼ pounds; bread crumbs, 1 cup; milk, 1-3 cup; butter, 2 tablespoons; salt and pepper; parsley, 1 tablespoon.

Clean and wipe fish. Stuff with dressing made of crumbs, salt, pepper, 1 tablespoon butter melted, parsley chopped fine, and milk. Sew fish together and rub with salt. Place fish on narrow strips of cloth in dripping pan, and bake in hot oven from 35 to 40 minutes, basting often with other tablespoon of butter, melted in hot water. Lift out fish on strips of cloth, remove cloth and stitches, and serve hot with drawn butter sauce.

Scalloped Fish.

Two cups cold fish (cod, haddock or halibut) one and one-half cups milk, one slice onion, blade of mace, bit of bay leaf, three tablespoonfuls butter, three tablespoonsfuls flour, one-half teaspoonful salt, one-eighth teaspoonful pepper, one-half cup buttered crumbs.

Scald the milk with onion, mace and bay leaf. Remove seasonings. Melt the butter, add flour, salt and pepper, then gradually the milk. Boil three minutes. Put one-half the fish in a buttered baking dish, sprinkle with salt and pepper and pour over one-half the sauce. Repeat, cover with buttered crumbs and bake until the crumbs are brown in a hot oven.

Fish Pudding.

Two cups boiled halibut, half cup of milk, one and one-half tablespoons of butter, half tablespoon of flour, one and one-half teaspoons salt, quarter teaspoon pepper, half teaspoon onion juice, two eggs.

Pound the fish until it is thoroughly mashed, then rub it through a sieve; season the fish pulp with salt, pepper and onion juice. Put the butter or drippings into a saucepan; when melted add the flour and cook for a few minutes; then add the milk slowly, stirring constantly until well scalded; then add the fish pulp, take from the fire, add the beaten eggs, and mix thoroughly.

Grease well a mold holding a pint or a little more; put in the mixture, pressing it well against the sides to remove any air bubbles. Cover the mold with a greased paper, and set in a pan of warm water covering one-half the mold. Place in moderate oven for 30 minutes, and do not let the water boil.

SOUFFLES

Cheese Souffle.

Two tablespoonfuls butter, 2 tablespoonsful flour, ¼ teaspoonful each, salt, soda and paprika, 3 eggs, ½ cup milk, 1 cup, or 4 ounces grated cheese.

Make a sauce of the butter, flour, soda, seasoning and milk; let boil five minutes, then add the grated cheese and the yolks of the eggs, and, lastly, fold in the whites of the eggs beaten very light. Bake in a buttered souffle-dish until well puffed and delicately colored, about twenty-five minutes. Let the dish stand in hot water. Serve as soon as removed from the oven. This dish is more conveniently served, when it is baked in individual china dishes.

Spinach Souffle.

Two cups of cooked spinach, two eggs (whites and yolks beaten separately), one tablespoon of melted butter, one-half gill of cream, salt and pepper. Chop the spinach fine, add the beaten yolks, and the butter. Season with salt and pepper and beat in the cream and the whites of the eggs. Turn into a buttered dish, bake in a hot oven until light brown. Serve at once, or it will fail.

Fish Souffle.

Two tablespoons butter, 2 tablespoons flour, 1 speck pepper, 1½ cups milk, 1 tablespoon minced parsley, 2 cups flaked fish, 3 eggs, 1 teaspoon grated onion, few drops lemon juice.

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MILK AS A FOOD

Furnishes Nourishing Material at Relatively Low Cost in Comparison with Other Foods.

Economy in the diet does not always depend upon limiting the use of certain foods, but sometimes it is a question of actually increasing the use of foods which furnish nutritive material at relatively low cost. Milk belongs to the latter class, and the housewife would do well to study its food value and decide whether her family is using as much as it should.

Many people think of milk only as a beverage, but if they understood that is is in reality a nourishing food they would increase their daily allowance.

We eat foods for two main reasons: First to renew body wastes and promote growth by forming new tissues and fluids; and, second, to supply energy for carrying on body functions. Milk contains the body-building materials (protein and mineral substances, such as lime and phosphorus) and also supplies energy for carrying on the body functions.

The following table, compiled by the United States Department of Agriculture, shows the quantities of various foods needed to supply as much protein or energy as 1 quart of milk.

PROTEIN.	ENERGY.
1 quart of milk equals	1 quart of milk equals
7 ounces of sirloin steak.	11 ounces of sirloin steak.
6 ounces of round steak.	12 ounces of round steak.
4.3 eggs or	8½ eggs or
8.6 ounces of fowl.	10.7 ounces of fowl.

To supply protein at equal cost if you pay 12 cents for a quart of milk you would have to buy sirloin steak as low as 27.9 cents a pound and eggs at 30.2 cents a dozen.

On the other hand if you pay 15 cents for a quart of milk you would have to buy sirloin steak as low as 34.9 cents a pound and eggs at 37.7 cents a dozen.

To supply energy at equal cost if you buy milk at 12 cents a quart you would have to buy sirloin steak at 17 cents a pound and eggs at 15.9 cents a dozen.

On the other hand if you pay 15 cents a quart for milk you would have to buy sirloin steak at 21.3 cents a pound and eggs at 19.8 a dozen.

You can buy milk at 12 and 15 cents a quart but steak and eggs cannot be bought at a price which represents their food value.

In comparing foods it is necessary to consider both the protein and the energy furnished. Neither one alone can properly be used as a basis of comparison, nor is there any correct way to reckon the value of a food by considering the total amount of nutritive elements.

It is very difficult to compare foods on the basis of the mineral matter they contain, but all physiologists agree that milk is extremely valuable from this standpoint. Indeed, it is the food prepared by nature, especially for growth and development of the young. A quart of milk a day is a good allowance for a young, growing child.

In addition to being an economical food, milk is usually easily digested and requires no cooking or other preparation for the table. Specialists of the department have found, also, that it is digested better when taken with other foods.

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Make a white sauce of the first four ingredients. Add parsley, onion, lemon juice and fish. Beat egg yolks light, add to the mixture, and then fold in the stiffly beaten egg whites. Bake in buttered dish in moderate oven until firm.

Cornmeal Custard Souffle.

Melt three tablespoonfuls of butter, in it cook three tablespoonfuls of fine cornmeal, add one cup of milk and stir until boiling. Let cook over boiling water twenty minutes. Remove from the fire, beat in the yolks of three eggs, beaten light and mixed with one-fourth a teaspoonful of salt and one-third a cup of sugar, then fold in the whites of four eggs beaten very light. Turn the mixture into a buttered pudding dish, dredged with sugar, and let bake standing on many folds of paper in a dish of boiling water. The water should not boil during the cooking. The pudding is done when well puffed and firm at the center. It will take about twenty-five minutes. Serve hot with mocha sauce.

Mocha Sauce.

Beat half a cup of butter to a cream; gradually beat in one cup and a half of confectioner's sugar, then beat in drop by drop coffee extract or very black coffee to flavor and tint as desired.

MEAT AND MEAT SUBSTITUTES

Puree of Cowpeas.

(Used like mashed potatoes.)

Soak 1 pint of dry cowpeas in cold water over night. Cook until soft in just enough water to cover. Drain and pass through a sieve. Season with salt, pepper, one-half cupful of cream (or milk and a tablespoooful of butter or other fat), and 2 teaspoonfuls of brown sugar. Beat thoroughly, reheat, and serve like mashed potatoes. Could be served as a soup by adding more milk.

Dried Beef in Cream.

Shave the beef very fine, pour over it boiling water and let stand a little while. Pour off the water and pour on good rich cream and let come to a boil. If you have not cream use milk and butter, thickened with a little flour. Season with pepper and serve on toast or with boiled potato.

Baked Cowpeas and Cheese.

(Substitute for meat roll.)

One tablespoon butter, 1 tablespoon finely chopped onion, 1 tablespoon finely chopped sweet green pepper or celery, 2 cups cooked cowpeas, ½ cup grated cheese.

Press the peas through a sieve to remove the skins, and mix with the cheese. Cook the onion and pepper or celery in the butter or other fat, being careful not to brown, and add them to the peas and cheese. Form the mixture into a roll, place on a buttered dish and cook in a moderate oven until brown, basting occasionally with butter and water. Serve hot or cold like meat.

Cottage Pie.

One cup chopped meat, 1 cup hot water or gravy, 2 cups hot mashed potato, ½ teaspoon salt, ½ cup hot milk, 1 tablespoon of drippings, few grains celery salt, 1-8 teaspoon pepper.

Put meat in an earthen dish, add salt and pepper to taste, and the hot water. Mix the remaining ingredients with the mashed potato, and spread on top of meat; bake in hot oven until potato is brown.

Bean Loaf.

One pound of kidney beans soaked, boiled and mashed fine; a loaf of bread, crumbed; salt, pepper, one egg and sufficient milk to moisten well; pack into a pan to make a deep loaf and bake from twenty to thirty minutes in the oven. It can be served with tomato sauce or with the gravy from the bottom of the pan, thickened and seasoned.

Shepherd's Pie.

One pound of cold mutton, 1 pint of cold boiled potatoes, 1 tablespoon chopped fat, ½ cup stock or water. Salt and pepper to taste.

The Crust.

Four good sized potatoes, ¼ cup of milk. Salt and pepper to taste.

Cut the mutton and boiled potatoes into pieces about one inch square; put them in a deep pie or baking-dish, add the stock or water, salt, pepper, and half the fat cut into small bits. Then make the crust as follows: Pare and boil the potatoes, then mash them, add ¼ cup of milk, ½ tablespoonful fat, salt and pepper. Beat until light. Now add flour enough to make a soft dough —about one cupful. Roll it out into a sheet, make a hole in the center of the crust, to allow the escape of steam. Bake in a moderate oven one hour, serve in the same dish.

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The following table shows the amount of waste in different foods.

Veal (leg cutlet)	3.4%	Halibut (steak)	17.7%
Beef (round)	7.2%	Mackerel (whole)	44.7%
Eggs	11.2%	Lobsters (whole)	61.7%
Chicken (broiler)	41.6%	MILK	NONE

Milk, which is cheap and easily digested, may be used as a substitute for the more expensive foods, meats and eggs.

One quart of whole milk equals ¾ lb. beefsteak, 2 lbs. chicken, 8 eggs, 1 pt. oysters, 4-5 lb. pork chops in total food value.

Whole milk at twenty cents a quart would still be the cheapest animal food.

Table of Purposes for which the Various Kinds of Milk may be used:

Beverage	Whole	Skim	Sour	Buttermilk
Breads	Whole	Skim	Sour	Buttermilk
Cakes	Whole	Skim	Sour	Buttermilk
Cereals	Whole	Skim		
Cheese	Whole	Skim	Sour	
Chowder	Whole	Skim		
Cooca	Whole	Skim		
Cream Soups	Whole	Skim		
Custards	Whole	Skim		
Dessert Sauces	Whole	Skim		
Griddle Cakes	Whole	Skim	Sour	Buttermilk
Junket	Whole	Skim		
Muffins	Whole	Skim	Sour	Buttermilk
Puddings	Whole	Skim		
Sherbet	Whole	Skim		
White Sauces	Whole	Skim		

Sour milk and buttermilk may be substituted for sweet or skim milk in recipes. Add ½ teaspoon soda for each cup liquid and reduce the baking powder to 1 teaspoon per cup of flour.

Give children plenty of whole milk—1 quart a day if possible. Regardless of the price paid, milk is a cheap source of certain nutriments.

What 12 cents buys in calories—heat units—needed to give the human body energy.

	Calories
Eggs at 55 cents per dozen	153.0
Eggs at 35 cents per dozen	234.0
Round steak at 26 cents per pound	271.0
Milk at 12c a quart	762.5

A large glass of it yields as much nourishment as a slice of roast beef. It should be borne in mind, however, that milk requires no preparation, has no waste, and is more thoroughly digested than most vegetable foods. As a source of protein, the most expensive of the nutritive ingredients, it is especially economical.

In short, milk and its products are fully entitled to their prominent place in our food list as comparatively inexpensive, easily digested sources of all the necessary ingredients of our diet.

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SAUCES AND GRAVIES

Salad Cream for Fish Salads

One-half tablespoon salt, one-half tablespoon mustard, three-quarters tablespoon sugar, one egg slightly beaten, two and one-half tablespoons melted butter, three-quarters cup milk, and one-fourth cup vinegar. Mix ingredients in order given, adding vinegar very slowly. Cook over boiling water, stirring constantly until mixture thickens, strain and cool.

Brown Nut Sauce.

Two tablespoons butter, 2 tablespoons peanut butter, 3½ tablespoons flour, 1½ cups milk, ½ teaspoon salt, few grains pepper.

Brown the fat, add peanut butter and when well mixed add flour and continue browning. Pour in the milk gradually, stirring constantly. Bring to the boiling point and add salt and pepper.

Milk Gravy for Potatoes.

One quart of milk, two tablespoons flour, one egg, butter, salt and pepper, bring to a slow boil.

Horse-radish Sauce.

Cream two tablespoonfuls butter; add two tablespoonfuls fresh grated horseradish, one tablespoonful very thick cream, one-half teaspoonful lemon juice. Keep very cold. Good with boiled beef.

Nourishing Milk Gravy.

One pint of skim or whole milk, one-fourth cupful of flour, two level teaspoonfuls of butter, one-half teaspoonful of salt.

Melt butter in saucepan. Add flour and salt mixed. Blend. Add milk gradually. Heat, stirring constantly until thick.

Serve on boiled hominy, rice, samp, potatoes, macaroni or slices of corn or other bread, plain or toasted.

Sauce for Croquette Mixtures.

Three tablespoons butter, 5 tablespoons flour, 1 cup of milk, salt and pepper, celery salt, lemon juice, few drops onion juice.

Melt butter; add flour, seasonings and milk. Cook until thick. This sauce is sufficient to thicken two cups of meat, for all kinds of croquettes. It may be varied by adding two egg yolks or one egg.

White Sauce for Cream Soups, Toast, Scalloped Meats, Fish, etc.

Heat one cup of milk over hot water. Put two tablespoons of butter in a sauce pan and when hot stir in two level teaspoons of sifted pastry flour. When blended add gradually the hot milk, stirring constantly as it thickens, to prevent lumping; after adding two-thirds of the milk stir vigorously while the sauce is in quite a thick state, then add the remaining milk. Season with one-half teaspoon of salt and vary the amount of pepper as desired; a few grains will suffice for delicate flavoring; tomatoes and corn require one-eighth of teaspoon and toast needs none. Keep the sauce over hot water and covered until needed.

Cheese Sauce.

Make a cup of white sauce with two tablespoonfuls, each, of butter and flour, one-fourth a teaspoonful, each, of salt and pepper and one cup of milk, then stir in from one-half to a whole cup of grated cheese with salt and pepper as needed.

Sterling Sauce.

One cup butter, 1 cup sugar, creamed together, 1 teaspoon vanilla, 4 tablespoons cream added drop by drop, beating briskly all the time. Keep cold until ready to use.

Tomato Bisque Sauce.

One-half can of tomatoes strained, 1½ cups of milk. Heat tomato, also milk, separate, mix together and thicken with bread crumbs or flour or crackers, a pinch of salt, ½ teaspoon soda, sweeten to taste; very nice for a side dish with meat.

SALAD DRESSING

One-Egg Salad Dressing.

One teaspoon of mustard, one teaspoon of salt, two teaspoons of flour, four teaspoons of sugar, a few grains of cayenne pepper, one egg, one-fourth cup of vinegar, three-fourths cup of milk and one tablespoon of melted butter. Make up cold and stir on the stove until thick. Before using stir in half a pint of whipped cream to which has been added one-half cup of confectioners' sugar.

Sour-Cream Salad Dressing.

Beat a cupful of cream till very light, being sure to have the cream very cold. Then add two tablespoonfuls of vinegar, one of lemon juice, a teaspoonful of sugar, one of salt, with pepper, paprika, and mustard to taste. Beat all together till very thick. This dressing is fine with cucumbers.

Cream Dressing.

Beat cup of cream and ¼ teaspoon of salt firm, add 2 tablespoonfuls of tomato catsup.

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VEGETABLES

Creamed Potatoes.

Four medium sized potatoes, 1½ cup milk, ½ cup water, 4 tablespoons flour, 4 tablespoons butter, ½ teaspoon salt, and little pepper.

Cut boiled potatoes in dice. Melt fat in saucepan, add flour and cook together for three minutes. Add milk and water, stir until thickened. Season, add potatoes, and cook until potatoes are warmed through.

Potatoes Baked in Milk.

Butter a baking dish, put in a layer of peeled and thinly sliced raw potatoes, sprinkle with pepper and salt and dot with bits of butter. Continue in this manner until the dish is nearly full, then pour in enough cream or milk to cover the potatoes and bake 1½ hours in a moderate oven.

Scalloped Onions.

Five medium-sized onions, 1 tablespoon butter, 4 cups bread crumbs, 1 cup milk, 1 tablespoon flour.

Boil onions. Drain and cut into slices. Melt fat, add flour and cook together for three minutes. Add milk and cook until it thickens, making a white sauce. Season with salt and pepper. In a greased baking dish arrange alternate layers of bread crumbs, and onions, sprinkling the onions with the white sauce. Have the top layer of crumbs. Brown in a hot oven.

Creamed Onions.

One quart onions, 1 tablespoon butter, 1 tablespoonful flour, dash of pepper, 1 cup milk. Peel the onions, put on in saucepan with boiling water to cover and 1 teaspoon of salt, boil 30 minutes or until tender. Drain, put the butter in saucepan, when melted, add flour, mix well, then slowly add 1 cup milk, cook until smooth, pour over the onions.

Cream of Cauliflower.

Soak a small head of cauliflower in salted water for 1 hour, then place in boiling salted water and cook until tender. Drain and press through a sieve. Scald 1 quart of milk with half an onion and a chili pepper and strain. Cook 1-3 cup of butter, add the flavored milk gradually, stir and cook until thick, season with pepper and salt, add the prepared cauliflower and ½ cup of cream and serve at once.

Cream of Asparagus.

Boil until tender, in some soup stock, 2 bunches of asparagus. Remove from fire. Cut tips off 1 bunch and set aside. Pass remainder through colander. Add to the other, soup stock and thicken with two tablespoonfuls flour. Heat 1 pint sweet cream in double boiler and pour while boiling into the soup tureen, then stir in the prepared stock. Put in the asparagus tips, season with salt and pepper.

This recipe can be used with potatoes, peas, onions, or celery.

Carrots, a la Poulette.

Boil two bunches of carrots until tender in boiling salted water, drain. Blend two tablespoons of butter with one tablespoon of flour; when smooth add one cup of milk and stir until boiling. Add salt, paprika to taste, and one tablespoon of chopped parsley. Cook for five minutes, then add carrots and allow to cook five minutes longer. Serve hot.

White Sauce with Peas.

One cup milk, 2 tablespoons butter, 2 tablespoons flour, ½ teaspoon salt, ½ cup peas (canned).

Melt fat, add flour and cook together for three minutes. Add milk and cook until thickened. Add salt and pepper. Drain the peas, add to the white sauce hot.

Macaroni Croquettes with Tomato Sauce (about 12 croquettes).

Two cups macaroni, broken in small pieces, 1 cup milk, 1-3 cup flour, 5 tablespoons butter, ½ teaspoon salt, pepper, fat for frying.

Cook the macaroni in boiling salted water until it is tender, drain, cut fine. Melt fat, add flour and cook for three minutes, add milk, cook until well thickened. Season, and stir in the macaroni. Cool. Shape croquettes. Roll in fine bread crumbs. Fry in deep boiling fat.

Spaghetti and Cheese.

One cup spaghetti, 2 quarts boiling water, 1 tablespoon salt, ⅛ pound cheese, 2-3 cup milk, 3 tablespoons butter, 3 tablespoons flour, 1 cup water.

Cook spaghetti in boiling salted water until tender. Drain. Melt butter, add flour and cook for three minutes. Add milk and water, cook until thickened. Season. In a greased baking dish arrange alternate layers of cooked spaghetti and white sauce. Sprinkle the spaghetti with grated cheese. Bake in moderately hot oven until spaghetti is brown.

Creamed Beets.

Any left-over beets that have been served with butter and no vinegar may be creamed. Chop them coarse, and to each cup of beets allow one cup of white sauce. Carrots, potatoes or parsnips may be used.

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Hominy Grits.

Add one cup of hominy to 4 cups of boiling milk or water. Cook for ten minutes directly over the fire and then put into a double boiler. Cook for two hours, stir occasionally, very lightly. If hominy is soaked overnight, add it in the morning to the boiling water and cook for an hour. This may be eaten hot or cold, with milk, or with butter and sugar.

Scalloped Potatoes.

This dish may be prepared by mixing a pint and a half of cold potatoes cut in cubes and seasoned with a tablespoon of salt, ¼ of a teaspoon of pepper, and a pint of cream sauce. Put the mixture in a shallow baking-dish, cover with grated bread crumbs, and dot with butter. Bake half an hour in a moderate oven.

Dumplings for Veal Pot Pie, Lamb or Beef Stews.

Sift together two cups of flour, half a teaspoonful of salt and four level teaspoonfuls of baking powder; cut in three level tablespoonfuls of butter, then mix to a soft dough with a beaten egg diluted with half a cup of milk. A little more milk will be needed. The dough should be of a consistency to take up with a tablespoon. Cover and let cook undisturbed fifteen minutes.

Spinach with Cream.

One-half peck spinach, 2 tablespoons butter, 1 tablespoon flour, 1 teaspoon salt, ½ teaspoon pepper, ½ pint milk.

Blanch and mince the spinach. Put the butter in a saucepan and on the fire. When hot add the flour and stir until smooth, then add the minced spinach and the salt and pepper. Cook for five minutes, add hot milk, and cook three minutes longer. Serve.

Parsnips.

The simplest method of cooking parsnips, is to wash clean, boil and then scrape off the skin. The cooked and peeled parsnips may be chopped rather coarse, seasoned with salt, and put into a stewpan with hot milk enough to cover them.

For a pint and a half of parsnips beat together one tablespoon of butter and one teaspoon of flour. Stir into the parsnips and milk. Simmer for ten minutes. Parsnips are often cut in slices after boiling and fried in butter.

Creamed Cauliflower.

One pint cooked cauliflower, 1 pint milk, 1 teaspoon salt, 1-3 teaspoon pepper, 1 tablespoon butter, ½ tablespoon flour, 3 slices toasted bread.

Have the cooked cauliflower broken into branches and seasoned with half the salt and pepper. Melt the butter in a saucepan. Add the flour and stir until smooth, then gradually add the milk, stirring all the time. When the sauce boils add the salt, pepper, and the cauliflower. Cook ten minutes and serve on slices of toast. Serve very hot.

Carrots with White Sauce.

Scrape the carrots lightly; then cut into large dice or slices. Put into a stewpan with salted boiling water, allowing a teaspoon of salt for a quart of water, and boil until tender. Drain, season with a little salt, put them in a vegetable dish, and pour the white sauce over them. Or the carrots may be cut into dice before cooking; then put them back in the stewpan, and for every pint add one tablespoon of butter, one teaspoon of sugar, half a teaspoon of salt, and one-half cup of water or meat stock. Cover over a hot fire until the carrots have absorbed the seasonings and liquid.

Rice Croquettes.

To make cold boiled rice into croquettes, the rice must be reheated in a double boiler with ½ cup of milk and the yolk of an egg to each cup; you may season with sugar and lemon or salt and pepper, and serve as a vegetable. Form into cylinder-shaped croquettes; dip in egg and bread crumbs, and fry in smoking hot deep fat.

Cabbage with Cheese.

Make a white sauce of one tablespoon each of butter and flour, one cup of milk, one-half teaspoon of salt and a dash of cayenne. Spread a layer of cabbage on the bottom of a pudding-dish; cover it with white sauce; then add a layer of grated cheese. Make a second layer of cabbage, sauce and cheese; over the top with a layer of crumbs, and place it in the oven. When the sauce bubbles through the crumbs it is done. Serve in same dish.

Cabbage and Potatoes.

One pint boiled finely minced cabbage, 6 medium-sized potatoes, ½ teaspoon pepper, 2 tablespoons butter, 2 teaspoons salt, ½ pint hot milk.

Peel the potatoes and put them in a stew-pan with boiling water enough to cover them. Cook thirty minutes. Pour off the water and mash fine and light. Beat in the hot milk, seasoning, and cabbage. Cook about five minutes longer.

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WASTE NOT—WANT NOT

Half a cup of milk—whole, skimmed, or sour—a seemingly trifling matter—hardly worth the trouble to keep or use.

In many households quite a little milk is wasted—left uncovered in glasses—regarded as useless because the cream has been skimmed off—allowed to sour—poured down the sink or thrown out.

Now, if every home in the U. S.—there are 20,000,000 of them—should waste on the average one-half cup daily, it would mean a waste of 2,500,000 quarts daily—912,500,000 quarts a year—the total product of more than 400,000 cows.

It takes a lot of grass and grain to make that much milk—and an army of people to produce and deliver it.

But, every household doesn't waste a half cup of milk a day. Well, say that one-half cup is wasted in only one out of a hundred homes. Still intolerable—when milk is so nutritious—when skim milk can be used in making nutritious soups and cereal dishes—when sour milk can be used in baking or for cottage cheese.

WHAT AUTHORITIES SAY ABOUT MILK

The Food Value of Milk is such that Dr. E. V. McCollum, Johns Hopkins University, says:

"I only wish to point out the fact which rests upon sound experimental evidence, that milk is an indispensable article of the diet of any people who wish to achieve; that milk production cannot rest upon a philanthropic basis, but must be a paying industry. I want to emphasize that the public must allow the price of milk to advance, if necessary, so that the industry is profitable to the dairyman. Milk is worth much more than its energy value or than its protein content would indicate. It is the great factor of safety in making good the deficiencies of the grains which form and which must continue to form the principal source of energy in our diet. Without the continued use of milk, not only for the feeding of our children, but in liberal amounts in cookery and as an adjuvant to our diet, we cannot as a nation maintain the position as a world power to which we have arisen."

Dr. F. A. Woods, Maryland, says:

"In the consideration of the food value of milk, the very best authority may be quoted to show that not only is milk our most important article of food, but that it is, at current prices, by far the cheapest animal food attainable, is one of the cheapest sources of protein, or body-building material, and is a cheaper source of energy than is any staple food, except the cereals. Milk contains calcium, phosphorus and other mineral elements needed by the growing body in the most available form; milk furnishes the fat needed in human nutrition in the most assimilable form; milk contains both of the newly discovered so-called 'fat-soluble' and 'water-soluble' factors necessary to normal growth. Altogether, milk, more than any other food, combines most completely, and in most available form, at the lowest cost, all the elements needed to promote growth and sustain the human body. Milk has absolutely no substitute for growing children. It deserves to rank, therefore, as our most important and necessary food."

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MEASUREMENTS OF SUBSTITUTES EQUAL TO ONE CUP OF FLOUR

(United States Department Agriculture.)

These weights and measures were tested in the Experimental Kitchen of the U. S. Food Administration, Home Conservation Division, and of the U. S. Department of Agriculture, office of Home Economics.

In substituting for one cup of flour use the following measurements. Each is equal in weight to a cup of flour.

One and three-eighths cups barley, ⅞ cup buckwheat, 1 cup (scant) corn flour, ⅞ cup cornmeal (coarse), 1 cup (scant) cornmeal (fine), ¾ cup cornstarch, 1 cup (scant) peanut flour, ¾ cup potato flour, ⅞ cup rice flour, 1½ cups rolled oats, 1⅛ cups rolled oats (ground in meat chopper), ⅞ cup soybean flour, 1⅛ cups sweet potato flour.

This table will help you to make good griddle cakes, muffins, cakes, cookies, drop biscuits and nut or raisin bread without using any wheat flour.

You will not need new recipes. Just use the ones your family has always liked, but for each cup of flour use the amount of substitute given above.

GOOD COMBINATIONS OF SUBSTITUTES

You will get better results if you mix two substitutes than if you use just one alone. Some good combinations are:

Rolled oats (ground)	and	Corn flour
Barley flour	and	Rice flour
Buckwheat flour	and	Potato flour
Peanut flour	and	Sweet potato flour
Soy-bean flour	and	Cornmeal

Cautions.

All measurements should be accurate. A standard measuring cup is equal to a half-pint.

Bake all substitute mixtures more slowly and longer.

Pie crusts often do not roll well and have to be patted on to the pan.

BREAD (Sweet Milk)

Yeast Bread.

When mashing potatoes for dinner put a tablespoon of it into 1 pint of the water they were boiled in, and set aside until evening, then strain it through a colander, add 1 pint of milk, 1 large spoonful of butter, 1 large spoon of white sugar, 1 teaspoon salt, 1 yeast cake and flour to make a stiff batter. In the morning form into loaves, using plenty of melted butter. Let rise and bake ¾ of an hour. For rolls take a portion of the dough as needed, roll out like biscuit, spread with melted butter and fold, let rise until light and bake in rather a quick oven 15 or 20 minutes.

Nut Bread.

Four cups of flour, 1½ cups of milk, 1 egg, ½ cup sugar, 3 teaspoons of baking powder, a pinch of salt and cup nut meat. When mixed, stand in a warm place for a couple of hours to rise, then bake in a moderate oven. Well-buttered slices, without other filling, make palatable sandwiches.

Nut Bread.

Three cups graham flour, 5 level teaspoons baking powder, 1½ teaspoons salt, 1½ cups milk and water, ¼ cup sugar or corn syrup, 1 cup chopped nuts (not too fine) or 1 cup raisins, washed and floured.

Mix together flour, baking powder and salt; add milk and water, sugar or corn syrup and nutmeats or raisins. Put into greased loaf pan, allow to stand 30 minutes in warm place. Bake in moderate oven 40 to 45 minutes.

Rice Bread.

Two cups boiled rice (½ cup raw rice), 6 cups flour or more if necessary, 1 cake yeast, dry or compressed, or ½ cup of liquid yeast, 2 tablespoons sugar, 1 tablespoon salt, 2 tablespoons butter, if desired, ½ cup lukewarm water, if liquid yeast is not used.

Cook the rice until soft with as much water as it will absorb and put through a colander, cool until lukewarm, add the salt, sugar and about 1 cup of flour and mix thoroughly. Next add the yeast, which has been rubbed smooth in a cup with 4 tablespoons of lukewarm water. Cover and place the bowl in temperature of 85 degrees. Allow this mixture to rise for two hours or until very light.

To this soft sponge add the melted butter and the remainder of the flour, kneading thoroughly until a smooth and elastic dough has been formed. Do not add more water to the dough unless it is absolutely necessary in order to use all the flour. Set the dough back

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to rise again for one hour or until light. Mold into loaves, place in greased pans and set in a warm place. When they have increased to two or three times their original size bake in a moderate oven for about 50 to 60 minutes.

If desired, the sponge for this bread may be set in the evening, using only one-fourth as much yeast as directed for the quicker method. In warm weather keep this sponge cool.

Cornmeal and Wheat Bread.

1½ cups skim milk, 1 cup cornmeal, 1 teaspoonful sugar, 2 cups flour, 1 cake compressed yeast, ½ teaspoonful salt, 1 teaspoonful butter.

Put milk and cornmeal, salt, sugar and butter in double boiler. Cook 20 minutes. Allow to cool to room temperature and add yeast softened in water. Add flour and mold thoroughly. Let rise and bake 45 or 50 minutes.

Bran Bread Sticks.

To one cup of scalded milk add three tablespoonfuls of butter, half a teaspoonful of salt and a tablespoonful of molasses; stir till the butter is melted and the liquid is lukewarm, then stir in a cake of compressed yeast, mixed with one-fourth cup of lukewarm water, and one cup and a half of bran and as much bread flour as can be conveniently mixed in with a spoon. The dough should not be mixed stiff enough to knead. Mix, cut and turn the dough over and over with a spoon or knife; cover and set aside to become light. When the dough has doubled in bulk, with buttered fingers pull off bits of the dough and work into smooth balls. Set the balls on a floured board, cover and let stand until very light; roll the balls, one by one, under the fingers to lengthen them to fit breadstick pans. When again very light bake about fifteen minutes. Brush over with the white of an egg, slightly beaten, and return to the oven a moment to set the glaze.

Brown Bread.

Two cups graham, ½ cup cornmeal, ½ cup flour, 2 cups sweet milk, 2-3 cup molasses, ½ cup hot water, scant teaspoonful soda in hot water, salt, steam 3 hours.

Whole-Wheat or Graham Bread.

One and one-half cups lukewarm milk, 3 tablespoons brown sugar, 1½ teaspoons salt, 3 cups whole-wheat or graham flour, ½ yeast cake.

Scald the milk, together with the sugar and salt. When lukewarm, add the yeast, mixing it first with a little of the milk. Add the flour, beat well, and let it double its volume. Beat it thoroughly, put into a pan, and let it rise. In a pan of standard size it should come nearly to the top.

Raisin Bread.

Two lbs. flour, 1 egg, 1 yeast cake, lemon flavoring, 4 tablespoons melted shortening, 1 lb. raisins, sugar and salt to taste, milk enough to make dough that can be kneaded.

Rye Bread.

One quart milk, 2 tablespoons sugar, 4 teaspoons salt, 2 tablespoons butter, 1 cake compressed yeast, 3 cupfuls flour (1 cup being wheat and the remainder rye).

Follow the directions for making wheat bread according to the short process until after the bread has been molded the second time. At this point the dough should be placed in a 6-quart bowl lined with a cloth into which flour has been rubbed. When the dough has risen to the top of the bowl turn out on a hot sheet iron (a dripping pan inverted will do), over which 1 tablespoonful of flour has been sprinkled, and put it immediately into a very hot oven. After 10 minutes lower the temperature somewhat and bake for 1 hour.

Corn Bread with Rye Flour.

One cup cornmeal, 1 cup rye flour, 2 tablespoons sugar, 5 teaspoons baking powder, 1 teaspoon salt, 1 cup milk, 1 egg, 2 tablespoons butter.

Sift dry ingredients into bowl, add milk, beaten egg and melted butter. Stir well. Put into greased pan, allow to stand in warm place 20 to 25 minutes and bake in moderate oven 40 to 45 minutes.

Wafer Corn Bread.

Two cups finely ground cornmeal, 2 teaspoons baking powder, ½ teaspoon salt, 1 egg, 1 tablespoon butter, 2 cups milk, 2 tablespoons molasses (if desired).

Mix thoroughly cornmeal, baking powder and salt. Add melted butter, molasses and well-beaten egg. Beat well. Pour into greased shallow pans, (the batter should be about ¼ inch deep) and bake in hot oven until brown on both sides. The bread should be less than ½ inch thick when baked.

Entire Wheat Prune Bread.

Two and one-half cups entire wheat flour, ¼ cup sugar, 1 teaspoon salt, 4 teaspoons baking powder, 1 cup milk, 1 tablespoon butter, 1 cup prunes.

Wash prunes, soak several hours, drain, stone and chop. Mix and sift flour, sugar, salt and baking powder; add milk and beat well. Add prunes and melted butter. Put into greased bread pan, allow to stand 20 to 25 min-

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utes in warm place and bake in moderate oven one hour. (Dates, raisins or nuts may be used instead of prunes.)

Cornmeal Bread.

One ane one-half cups cornmeal, 4 teaspoons baking powder, 1 teaspoon salt, 1 tablespoon flour, 2 cups milk, 1 egg, 1 tablespoon melted butter.

Mix and sift the dry ingredients. Combine the milk, beaten egg and butter, add to the dry ingredients. Mix well, pour into greased muffin tins or shallow pan and bake in a hot oven. This bread should always be served hot.

If a softer bread is desired the cornmeal, salt, and milk may be brought to a boil and cooked for 10 minutes in a double boiler or over hot water. Cool, add the beaten egg. melted fat and baking powder. The flour is not necessary. Beat well and bake in a hot oven. Serve hot.

Milk Helps Corn Bread.

Corn bread made with skim milk has much more food value than when made with water, because the milk contains protein, which is a tissue builder. This is true in making any bread, and less butter can be used on bread that has been made with milk.

Soft Corn Bread.

Two-thirds cup of rice, ½ cup of white cornmeal, 3 cups milk, 2 eggs, 2 tablespoons butter, 1 teaspoon of salt.

Mix the meal, rice, and salt with the milk in a double boiler and cook until the rice is nearly soft. Add the butter and eggs well beaten and put the mixture in a greased granite baking pan. Bake for an hour in a moderate oven and serve in the pan in which it is baked.

This will serve six people.

Crisp Cornmeal Cake.

Three cups of milk, 1 teaspoon of salt, 1½ cups cornmeal.

Mix the ingredients and spread on shallow buttered pans to the depth of about one-fourth of an inch. Bake in a moderate oven until crisp.

Apple Corn Bread.

Two cups white cornmeal, 2 tablespoons of sugar, ¾ teaspoon of salt, 1 teaspoon of soda, 1 teaspoon of cream of tartar, 1 2-3 cups of milk, 3 tart apples, pared and sliced.

Mix the dry ingredients, add the milk, and beat thoroughly. Add the apples. Pour into a well-buttered shallow pan and bake thirty minutes or longer in a hot oven to soften the apples.

Dried apricots may be used instead of apples if cooked first in the usual manner.

BREAD (Sour Milk)

Sour Milk Gingerbread.

One teaspoon soda in ½ cup molasses. Add ½ cup sugar, ½ teaspoon salt, ½ teaspoon cinnamon, 1 teaspoon ginger, 1 tablespoon melted butter, 1 cup sour milk, 1¼ cups flour. If sour cream is used omit butter. All foods containing molasses scorch easily. You may need to put an asbestos disk under the pan if oven bakes too quickly on bottom. This gingerbread is fine hot with whipped cream. One large or 2 small loaves.

Cornmeal Gingerbread.

One cup cornmeal, 1 cup wheat flour, 1 teaspoon soda, ¾ teaspoon salt, 2 teaspoons ginger, 1 egg, 1 teaspoon cinnamon, ½ teaspoon cloves, 1 cup sour milk, 1 cup molasses, 2 tablespoons butter.

Sift together the dry ingredients. Combine the milk, molasses, melted butter and beaten egg. Add the liquid ingredients to the dry. Stir well. Bake in moderate oven.

Custard Corn Cake.

Two eggs, ¼ cup of sugar, 1 teaspoon of soda, 1 teaspoon of salt, 1 cup of sour milk, 1 cup of sweet milk, 1 2-3 cups of cornmeal, 1-3 cup of wheat flour, 2 tablespoons of butter, 1 cup of cream.

Beat the eggs and sugar together thoroughly. Sift the flour, soda, and salt together and mix with the meal. Mix all the ingredients but the cream and butter. Melt the butter in a deep pan, greasing the sides of the pan thoroughly. Pour in the batter, add (without stirring) a cup of cream, and bake twenty to thirty minutes. When cooked there should be a layer of custard on top of the cake or small bits of the custard distributed through it.

This will serve six persons.

Sour Cream Gingerbread.

Three-fourths cup molasses, 1 teaspoon soda, 1 cup heavy sour cream, 2 cups of flour, ½ teaspoon salt, 2 teaspoons ginger, 1 egg. Bake in tin muffin pan or sheet. Be careful not to have oven too hot. Cover with paper the last five minutes of baking.

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Another Authority says:

"Even such comparisons fail to do justice to the true nutritive value of milk, which is largely due to the peculiar nature of its constituents."

Flora Rose, Cornell University, says:

With all the evidence in, no food bears the investigation of nutritive properties better than does milk. It is impossible to escape the conviction that not only is it a cheap food, but it is a food whose value can hardly be estimated in terms of dollars and cents."

The first food a family should buy is milk, and the last food to be dispensed with is milk. It is not the only food, but it is the most important food. It is indispensable for children, and, within reasonable limits, economical and desirable in the food ration of adults.

It is very unfortunate that the attention of the housewife is likely to be especially focussed upon the price of milk, and that many persons of moderate means are inclined to cut down on milk, not realizing what an essential part of the diet it constitutes. However, we must ask not merely how much we pay for a pound or a quart, but how great is the return in actual food value. It has been thoroughly demonstrated that you can get more energy from 25 cents' worth of milk than you can from 25 cents' worth of any other foodstuffs. It is because of this fact that dietitians advise families who must make every penny count to cut down on their meat before they do on their milk.

PROPER EATING AND PLENTY OF NUTRITION

"An intelligent knowledge of foods and food values is essential to proper dieting. The day is past for fads in the matter of diet. We must be guided by certain principles that are as fixed in their relation to diet and health as are the laws that govern the movement of planets.

Every mother who has to select and prepare the food materials, since she holds the health of her family so largely within her grasp, should possess the information on this subject. An interest in food values and food combinations gives better results in promoting race betterment than any other single factor. Proper eating and adequate nutrition are essential to the attainment of success in almost any vocation in life."

THREE RULES FOR WISE BUYING

1. Don't Begin to Save on Milk.—Children must have it; adults ought to. Milk builds bone and muscle better than any other food.

2. Spend at Least as Much for Milk as for Meat.—Remember that a quart of milk is equal in food value to a pound of steak. "A quart of milk a day for every child" is a good rule—easy to remember. At least try to provide a pint of milk a day for every member of the family.

3. Be Sparing in the Use of Meats.—These are usually the most expensive of the staple foods in proportion to their food value, and are not strictly necessary when a proper amount of milk is used. Meat may be decreased with less harm than any of the other foods mentioned. The amount spent for meat may decrease as the amount for milk increases.

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GENERAL RULES FOR MUFFINS

Two cups flour, 3 teaspoons baking powder, 1 egg, 1 cup milk, ¼ tablespoon fat, ¼ tablespoon sugar.

One cup cornmeal, 1 cup flour, 4 teaspoons baking powder, 1 egg, 1 cup milk, ¼ tablespoon butter, ¼ tablespoon sugar.

One and one-half cups entire wheat, ½ cup flour, 4 teaspoons baking powder, 1 egg, 1 cup milk, ¼ tablespoon butter, ¼ tablespoon sugar.

Three-fourths cup rye, 1½ cup flour, 4 teaspoons baking powder, 1 egg, 1 cup milk, ½ tablespoon butter, ¼ tablespoon sugar.

One cup bran, 1 cup flour, 4 teaspoons baking powder, 1 egg, 1 cup milk, ¼ tablespoon butter, ¼ tablespoon sugar.

The method of preparation is the same for all muffins: Mix and sift the dry ingredients, add the well-beaten egg, the melted butter and the milk in the order given. Bake in a hot oven. In increasing the amount, if you should take as much as four times the recipe, that is eight cups of flour and four eggs, lessen the proportion of baking powder a little. Twelve teaspoons instead of sixteen would be enough.

MUFFINS, GEMS, ROLLS, ETC. (Sweet Milk)

Sweet Milk Gems.

Beat 1 egg well, add a pint of new milk, a little salt and graham flour, until it will drop off the spoon. Heat and butter the gem pans before dropping in the dough and bake in a hot oven 20 minutes.

Apple Gems.

One cup cornmeal, 1½ cups flour, ½ teaspoon salt, 2 tablespoons sugar, 5 teaspoons baking powder, 1 cup milk, 4 sour apples, 2 tablespoons molasses.

Sift dry ingredients together. Add enough milk to make thick batter. Beat well. Add apples chopped fine and molasses. Bake in hot greased gem pans 15 to 20 minutes.

Farina Gems.

Two eggs, 1 cup of milk, 1 cup cold boiled farina, 1 cup of flour, 4 level teaspoons of baking powder, ½ teaspoon of salt.

Separate the eggs, add the milk and stir this, gradually, into the cold farina. When smooth add the salt, baking powder and flour, mixed. Beat, and then add the well-beaten whites of eggs. Bake in gem pans in a quick oven a half hour.

Cream Tartar Biscuit.

One quart flour, 3 teaspoons cream tartar, 1½ teaspoons soda, a little salt. Mix the cream tartar and soda with the flour, sift 3 times, then rub in the flour, butter the size of a small egg, mix with sweet milk, bake in hot oven.

French Muffins.

Two cups flour, 2 rounded teaspoons baking powder, ½ teaspoon salt, 2 teaspoons butter, 2 teaspoons sugar, 2 eggs, 1 cup milk. Mix the dry ingredients together, add the eggs and lastly the milk.

Corn Muffins.

One egg, ½ cup Indian meal, 1½ cups flour, pinch of salt, 1 teaspoon sugar, 2 teaspoons baking powder. Add milk to make thin batter.

Nut Buns.

One cupful sugar, one egg, ½ cupful lard, creamed together. Slowly and alternately add one large cupful milk, 2½ cupfuls flour sifted with salt, ½ teaspoonful soda, 1 teaspoonful of tartar.

Mix all together well, then add ½ cupful of broken walnut meats. Drop by teaspoonful on to long baking pans, sprinkle with sugar and bake in hot oven.

Snowballs.

One quart of milk heated to scalding point; dissolve in it 1 tablespoon of butter, 1 of salt, 2 of granulated sugar; cool until lukewarm and have ready ½ a yeastcake dissolved in a little warm water. Add the whites of 2 eggs beaten stiff, and gradually add enough flour to form a soft dough. Knead well for 15 minutes and set to rise over night. Mold into very small rolls, let rise again, and bake in a hot oven.

English Crumpets.

One cake of compressed yeast, ½ a cup of lukewarm water, 1 cup of scalded and cooled milk, 2 tablespoonfuls of butter, 1½ cups of bread flour, ½ a teaspoonful of salt, 1¾ cups of bread flour.

Soften the yeast in the lukewarm water, and add to the milk in which the butter has been melted; stir in the cup and a half of flour, then beat until very smooth, and set aside to become light, then add the salt and the rest of the flour and beat again until very smooth. When again light turn into buttered rings, set on a well greased griddle;

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"Why so much milk? The price of milk has advanced in the last few years and many people regard it as an expensive luxury. As a matter of fact, the liberal use of milk is the best device for reducing the total expenditure for food, provided it is used as it should be, as a substitute for meat, fish, and eggs. It is not overstating the matter to say that the smaller the amount of money which can be expended for food the more important it becomes that a suitable amount of milk shall be used, if the diet is to be well balanced. If the breakfast food is cooked in milk, and milk is served liberally with it, the meal is well balanced without the use of eggs or meat. If the milk is used in the preparation of desserts, such as Indian pudding or cornstarch pudding, or if the vegetable is creamed or scalloped, it is not necessary that meat, eggs, or fish should be served so liberally in the main course at dinner, as is the custom in many families.

MILK HELPS TO BUILD MUSCLE.

For this purpose it is as good as meat; meat is dear; whole milk is cheap. For the body-building of children, milk is better than any kind of meat. The part of the milk most like meat is the curd, which may be made into cottage cheese.

A cup and a quarter of milk or a quarter of a cup of cottage cheese will yield as much body-building material as two ounces of lean meat, and will go much farther toward making a complete diet.

MILK GIVES WORKING FORCE.

Everyone must have energy to live, and the more one works the more "fuel" he needs for his body "engine." Many kinds of food are good fuel—bread, meat, butter, sugar—but none is better than milk. A quart of milk yields as much energy as nine eggs or three-quarters of a pound of meat, at a much lower cost.

MILK CONTAINS SPECIAL GROWTH-PROMOTING SUBSTANCES CALLED VITAMINES.

We know two such substances and both are found in milk, one mostly in the cream and the other in the skim milk. Unless a child has both of these, he will not develop properly. They are not found in all kinds of food. The best way to be sure they are provided in the diet is to use a liberal supply of milk. Eggs have the same two substances but they are much more expensive than milk.

Milk is only a liquid until it is taken into the stomach, then it becomes a solid.

Milk is Nature's own food for the young. As a mother you should see to it that your children have plenty milk.

To decrease your bills for food increase your milk bill, this will not lessen but add to the nourishment needed by your family.

Clean, fresh pasteurized milk has done more to reduce infant mortality than any other one factor.

Young children should not be given "tastes" of foods prepared for older people. Keep your children on a simple diet and they will be content with it.

Milk is milk whether taken as such or eaten as junket, custard or cooked in soups or cereals.

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when they are browned on one side, turn ring to brown the other side. When baked the crumpets should be about two-thirds of an inch thick.

Cornmeal Muffins.

Three-fourths cup cornmeal, 1¼ cups flour, ½ teaspoon salt, 4 level teaspoons baking powder, 2 tablespoons sugar, 1 cup milk, 2 tablespoons butter.

Mix thoroughly dry ingredients; add milk and melted butter and beat well. Bake in greased muffin tins in hot oven about 20 minutes.

Oatmeal or Hominy Muffins.

One cup cooked oatmeal or cooked hominy, 1½ cups flour, 2 tablespoons sugar, 4 teaspoons baking powder, ½ teaspoon salt, ½ cup of milk, 1 egg, 2 tablespoons melted butter.

Mix and sift flour, sugar, salt and baking powder; add one-half of the milk, the egg well beaten, the remainder of the milk mixed with oatmeal or hominy, and beat thoroughly; then add butter. Bake in greased muffin rings placed in greased pan or bake in greased gem pans.

Cereal Muffins.

One-half cup cooked cereal (left-over), 1½ cups flour, 6 level teaspoons baking powder, ½ teaspoon salt, 1 tablespoon butter, 1 cup milk.

Mix well the flour, baking powder and salt. Add milk to the cooked cereal and then stir it into the flour, baking powder and salt. Then add the melted butter. Bake in hot oven for 20 to 30 minutes. You can use buttered muffin pans or bake in one loaf.

Rye Muffins.

Delicious breakfast muffins can be made by substituting rye flour for three-fourths of the wheat flour in any good recipe. The following is a good, economical recipe for rye muffins; 1½ cups sifted rye flour, ½ cup wheat flour, 1 tablespoonful butter, melted, 1 egg, 1 cup milk, ½ teaspoonful salt, 4 teaspoonfuls baking powder.

Barley Muffins.

Sift together one cup, each, of pastry flour and barley meal, one-fourth cup of sugar, four teaspoonfuls of baking powder and half a teaspoonful of salt. Beat one egg; add nearly a cup of milk and stir into the dry ingredients with three or four tablespoonfuls of melted butter. Bake about twenty-five minutes in a hot, well greased iron muffin pan.

Breakfast Muffins.

Two cups flour, 4 level teaspoons baking powder, 1 teaspoon salt, 1 tablespoon sugar, 1 egg, 1 cup milk, 1 full tablespoon butter.

Sift dry ingredients together, being sure they are thoroughly mixed. Beat the egg, add it to the milk and turn into the bowl containing the dry ingredients. Add the butter and cut all together very quickly. Do not beat. Turn into muffin pans greased with butter, and bake in a moderately hot oven about 25 minutes.

Bread Crumb Muffins.

Three cups crumbs, 2½ cups milk, 1 cup flour, 3 eggs, 1 tablespoonful melted butter, 2 teaspoonfuls baking powder, ¼ teaspoonful salt.

Pour milk on crumbs, let it stand till soft, or about 15 minutes, then beat with egg beater and add beaten egg-yolks, flour, salt, baking powder and melted butter. Last, fold in the stiffly beaten whites. Bake in buttered muffin tins in quick oven about 20 minutes.

Berry Muffins.

One pint flour, ½ teaspoonful salt, 3 level teaspoonfuls baking powder, ¼ cup sugar, 1 egg, 1 scant cup milk, 2 teaspoonfuls butter, 1 heaping cup blue or huckleberries.

Sift and measure the flour, sift in the salt and baking powder, add the sugar and mix thoroughly. Beat the egg until light, add the milk and butter and stir this into the dry mixture. Beat thoroughly and lastly stir in the berries which have been washed, dried and sprinkled with flour. Bake in muffin pans about twenty minutes.

Rice Muffins.

One-half cup cornmeal, 1 cup pastry flour, ½ teaspoonful salt, 4 (level) teaspoonfuls baking powder, 2 tablespoonfuls sugar, 1 cup boiled rice, 1 egg and 1 yolk, ½ cup milk, 3 tablespoonfuls melted butter.

Sift together the dry ingredients and add the rice. Beat the eggs, add the milk and stir into the dry ingredients with the melted butter. Bake in a hot well-buttered, iron muffin pan about twenty-five minutes. The rice should be boiled tender and be quite moist. A half cup of flour may be used in place of the cornmeal.

Graham Muffins (14 Muffins)

One cup graham flour, 1 cup white flour, ¼ cup sugar, 4 teaspoons baking powder, 1 teaspoon salt, 1 cup milk, 1 egg, 2 tablespoons melted butter.

Sift together the salt, sugar, baking powder and white flour. Add graham flour, and mix well. Beat egg, add to milk, and add these to the dry materials. Add melted butter. Bake in a hot oven, in greased muffin tins for about twenty-five minutes.

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HOW TO USE MILK.

Many people think of milk only as a beverage. Remember that it is a real food no matter how it is taken. Bread and milk will make an excellent meal. The milk may be heated and salted, the bread toasted, and the two combined to make "milk toast." The flavor will be different but the nutritive value will be practically the same.

White sauce is one of the most useful ways of putting milk into the daily ration. Thin white sauce is made as follows:

Milk	1 cup
Flour	1 tablespoon
Fat	1 tablespoon
Salt	½ teaspoon

All measurements are level. Melt the fat in a saucepan, stir in the flour, add the cold milk quickly, and stir constantly till the sauce boils. Then cook gently for three minutes.

This sauce may be poured over hot toast, making "creamed toast." It may be combined with sifted vegetable pulp, to make cream soup, potato soup, tomato soup, pea soup, etc.

By doubling the amount of flour and fat used to a cup of milk, a thicker sauce is made, which is excellent to pour over vegetables, making creamed carrots, creamed potatoes, creamed peas, etc. These are substantial dishes which will serve as the main dish in a meal.

For using up bits of meat or making meat go further white sauce is most practical. Creamed fish, creamed minced meat on toast, hard-cooked eggs served in cream sauce are all wholesome and good.

Cheese may be added to the sauce before combining it with cooked rice, hominy, or cornmeal mush, making a still more substantial kind of dish, which will take the place of meat.

DON'T LET MILK SPOIL

Whole milk, skim milk, and buttermilk are highly nourishing and valuable foods.

These foods spoil quickly when allowed to get warm or when exposed to bacteria and molds present in the dust and the air.

Be Sure Your Milk is Clean and Fresh.

If you live in the city, buy it pasteurized from a clean dairy. In the country see that your cows and milkers are clean and healthy.

There is no substitute for whole fresh milk as a food. You cannot afford to experiment with your child's health.

The best nourished families are those that eat plenty dairy products as milk, butter and cream cheese.

KEEP MILK CONTINUOUSLY CLEAN, COLD, AND COVERED.

This injunction applies equally to the producer, the wholesaler, the dealer, and the consumer.

Unclean milk sent from the farm sours and spoils more quickly than clean milk. Pasteurization makes milk safe.

Milk, to keep properly, should never get warmer than 50 degrees F. until it is consumed. The lower the temperature the better the milk will keep.

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MUFFINS, GEMS, ROLLS, BISCUITS

(Sour Milk)

Gems Made of Sour Milk.

Two cups sour milk, one egg, spoonful sugar, one-half teaspoon of salt, one teaspoon of soda and two large cups of flour. Bake 15 minutes.

Oatmeal Rolls.

1 2-3 cups rolled oats, 2 cups sour milk, salt, 2 tablespoons sugar, mix and let stand over night. In the morning add 1 cup flour, 1 egg, 1 tablespoon melted butter, 1 heaping teaspoon soda. Bake in roll pan.

Graham Rolls.

Two cups sour milk, 1 egg, 2 teaspoons soda, 2 cups graham, pinch of salt, 4 tablespoons melted butter.

Cinnamon Rolls.

Cream ½ cup of shortening with 1 cup sugar, add 1 cup of sour milk, 1 teaspoonful soda, and just enough flour to roll. Roll out and sprinkle with dessertspoonful of cinnamon and sugar, mixed, roll up and cut ½ inch thick. Bake in a quick oven.

Emergency Biscuits.

Two cups flour, 1 tablespoon butter, 1 cup thick sour milk, 1 teaspoon salt, ½ teaspoon soda.

Sift flour, salt and soda well together Rub in the butter with a spoon. Add the milk and stir lightly. The dough should be soft. Drop by spoonfuls into greased muffin tins and bake in a hot over about twenty minutes.

Sour Milk Biscuit.

Use 1 teaspoon soda to a large cup of sour milk. Shorten with a little cream or butter and mix enough flour for soft dough.

Rye Rolls.

One and one-half cups sifted rye meal, ½ cup white flour, 1 teaspoonful salt, 1 tablespoonful melted butter, ¼ cup sugar, 1 cup sour milk (or buttermilk), 1 egg, well beaten, 1 teaspoonful baking soda, dissolved in lukewarm water.

Bake in hot roll tins thirty minutes.

Buttermilk Biscuits.

One cup buttermilk, 1 tablespoon shortening, 1 teaspoon cream of tartar, 1 teaspoon soda, ¼ teaspoon salt, 1 tablespoon sugar, flour to mould soft. Cut with very little handling in small round. Bake in quick oven.

Barley Scones.

Sift together one cup of wheat and barley flour, one-fourth a teaspoonful of soda, four teaspoonfuls of baking powder, half a teaspoonful of salt and two tablespoonfuls of sugar. With two knives, cut in two tablespoonfuls of butter, then mix to a dough with one cup of thick, sour cream. Turn on a floured board with a knife, to coat slightly with flour, knead to get into shape, pat and roll into a sheet half an inch thick, cut into diamond shapes and set in a buttered pan. Brush over with sweet milk, dredge with granulated sugar and bake in a quick oven. Split the scones, spread one-half with butter, the other with raspberry jam or orange marmalade and press the corresponding halves together. Serve hot.

Corn Pone.

Two cups white cornmeal, 1 teaspoon salt, ½ teaspoon soda, 1 cup buttermilk, ½ cup water, 2 tablespoons melted butter.

Sift meal, salt and soda together, then stir into this the buttermilk and water; add the melted butter and beat until smooth. Wet the hands in cold water and shape the mixture into small pones. Brush a griddle or pan with melted fat and let get smoking hot, then place the pones on it. Bake in a moderately hot oven until thoroughly done and brown.

CAKES AND COOKIES

(Sweet Milk)

Gold Cake.

Two cups not quite full of flour, the yolks of 4 eggs, ½ cup butter, ½ cup sweet milk, 1 cup sugar, ½ teaspoon soda, 1 teaspoon cream tartar. Flavor to taste.

Silver Cake.

Two cups flour, the white of 4 eggs, 1 cup sugar, ½ cup sweet milk, 1 teaspoonful cream tartar, ½ teaspoonful soda. Flavor to taste.

White Cake.

Two eggs, 1 cup sugar, ½ cup milk, 4 level tablespoons or ¼ cup butter, 2 cups flour, ½ teaspoon salt, 1 teaspoon soda, 2 teaspoons cream tartar. Sift flour once, measure, add soda and cream tartar, and sift 4 times. Separate yolks and whites and beat whites to a stiff froth. Cream the yolks, sugar and butter, beating thoroughly, add

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milk and flour gradually, and last, fold in the whites of eggs and beat about 2 minutes.

Strawberry Short Cake.

One quart flour, 2 teaspoons baking powder, ½ cup butter, 2 tablespoons sugar, a little salt, enough milk to make a soft dough. Roll out almost as thin as pie crust, put 1 layer in a pan, spread on butter and sprinkle over a little flour. This makes 4 layers. Bake in hot oven about 15 minutes. Spread each layer and the top with mashed berries well sweetened. Serve with whipped cream.

French Cake.

Two cups sugar, ½ cup butter, 1 cup sweet milk, 3 cups flour, 2 teaspoonfuls cream of tartar, 1 teaspoonful soda, 3 eggs.

Marble Cake.

Light layers; 1 cup sugar, ½ cup butter, 1¼ flour, 2 eggs, the whites, ½ cup milk, 1 teaspoon baking powder, ¼ nutmeg. Dark layers; ½ cup brown sugar, ½ cup butter, 2 cups flour, 1 teaspoon baking powder, ½ cup molasses, ½ cup milk, 1 teaspoon cloves and cinnamon, 2 eggs, the yolks.

Sponge Cake.

One cup sugar beaten with 2 eggs, 1½ cups flour with 1 teaspoonful cream tartar, ½ teaspoonful soda, sifted together, beaten with sugar and eggs, ½ cup hot milk with 1 teaspoon butter in milk, beat and add ¾ teaspoonful lemon or vanilla.

Fruit Cake.

Four eggs, 5 cups flour, 2 cups sugar, 1 cup of molasses, 1½ cups butter, 1 cup sweet milk, 1 pound stoned raisins, chopped fine, 1 cup currants, 1 cup citron, 1 teaspoon soda, 1 teaspoon clove, cassia and allspice.

Delicious Cake.

Two cups sugar, 1 cup butter, 1 cup sweet milk, 3 cups flour, 3 eggs, 1 teaspoon cream of tartar, ½ teaspoon soda, nutmeg; beat butter and sugar together, add yolks of eggs, then the whites; dissolve soda in milk; mix cream of tartar with flour. Frost with chocolate.

Blueberry Cake.

One cup sugar, ½ cup butter, ½ cup hot milk, 1 teaspoon cream tartar, ½ teaspoon soda, 1 egg, 2 cups flour, 1 cup blueberries.

Caramel Cake.

One square chocolate, ½ cup of sweet milk, yolk of 1 egg. Boil this mixture until soft. When cool add: ½ cup butter, ½ cup sour milk, 2 scant cups sugar, 2 eggs, 2 cups flour, 1 teaspoonful soda, 1 teaspoonful vanilla. (This is not quite as thick as common cake).

Bridal Cake.

One cup sugar, ½ cup butter creamed with sugar, ½ cup milk, 2 cups flour, 1 teaspoonful cream of tartar, ½ teaspoonful soda and whites of 3 eggs. Add milk and flour alternately to butter and sugar. (The cream of tartar and soda have of course been sifted into the flour.) Last, add the well-beaten whites and 1 teaspoonful of vanilla.

Walnut Cake.

One-half cup butter, 2 cups sugar, 3 eggs, beaten, 1 cup milk, 2¾ cups flour, 1 teaspoon cream tartar, ½ teaspoon soda, 1 cup chopped walnuts, 1 teaspoon vanilla.

One Egg Cake.

One cup sugar, butter size of egg, 1 egg, 1 cup milk, salt, vanilla, 2 teaspoons baking powder, 2 cups flour. May be baked in layers with various fillings and icings.

Boiled Milk Cake.

Place over the fire ½ cupful milk, a piece of butter the size of a walnut. Beat 2 eggs with 1 cup sugar, add 1 cup flour sifted with 1 teaspoon baking powder. Stir into this a pinch of salt and add the warm milk last. Bake in quite a hot oven for about 30 minutes.

Jelly Roll.

Two eggs, 1 cup sugar, 6 tablespoons sweet milk, 1 teaspoon cream tartar, ½ teaspoon soda, 1½ cups flour, lemon or vanilla to flavor. Bake in a quick oven. Spread with jelly and roll while hot.

Patriotic Birthday Cake.

One cup sugar half cup butter, half cup sweet milk, two cups flour, two teaspoons baking powder, whites of four eggs beaten stiff stirred in last. Bake in two tins. Filling: Half cup sugar, two tablespoons water; boil until it threads from spoon. Beat in this one white of egg stiffly beaten, then add one-fourth cup chopped meat nuts and one-fourth cup chopped raisins. Spread between layers. Icing: One cup powdered sugar, half teaspoon vanilla; add milk so it will spread. Divide icing into three parts. Add red and blue vegetable colors to form stripes and blue field for stars. Take white icing and drop on blue field, forming stars with a toothpick.

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Oatmeal Cookies (20 cookies).

One egg, ¼ cup sugar, ½ cup milk, ¼ cup water, 2 cups flour, 2 teaspoon baking powder, 1 teaspoon salt, 1 cup raisins, 5 tablespoons melted butter, ½ cup fine oatmeal.

Sift together the flour, baking powder and salt. Add the oatmeal. Beat the egg, add sugar, water and milk, dry ingredients mixed together, raisins, and melted butter. Drop from spoon on greased baking sheet and bake in moderate oven.

Molasses Cookies.

One-half cup sugar, ½ cup molasses, ½ cup butter, 1 egg, 1 teaspoonful soda in 2 tablespoons sweet milk, 1 tablespoonful ginger or some other spice, a little salt, flour to mix quite stiff.

Sugar Cookies.

One cup sugar, 2-3 cup butter, 2 eggs, scant ½ cup sweet milk, 2 teaspoons cream tartar, 1 teaspoon soda, 1 teaspoon vanilla, nice with filling.

Sally Lunn.

One egg, butter the size of an egg, ½ cup of sugar, scant, 1 cup milk, 1 pint flour with ½ teaspoon soda, 1 teaspoon cream tartar sifted into it. Eaten hot with butter.

Popovers That Always Pop.

Beat 1 egg till light with egg beater, add 1 cup of milk and 1 cup of sifted pastry flour, pinch of salt. Stir together quickly till lumps are out, put in hot buttered gem pans and bake in hot oven till well browned.

Cream Puffs.

Boil together 1 cup of water, ½ cup butter. While boiling add 1 cup flour, stir smooth, and drop on pan far apart. Bake carefully as they brown easily.

Cream for Filling.

One-half cup sugar, 2 teaspoons flour, 1 egg. Pour into 1 cup of boiling milk, flavor, when cool cut open puffs and fill.

Mocha Cake.

One cup sugar, one-half cup butter, one cup of milk, two eggs, two cups flour, two teaspoonfuls baking powder. Rub butter and sugar to a cream, add yolks of eggs, well beaten, then add the milk. Sift flour and baking powder together and mix with eggs and sugar. Finally add the whites of eggs well beaten. Bake in layers.

Filling for Mocha Cake.

One tablespoonful of butter, 2 tablespoonfuls of boiling coffee, 1 teaspoonful of vanilla, 2 teaspoonfuls of cocoa, 1 cup confectionery sugar or a little more until it is right to spread.

Wonder Cake.

One cup sugar, 1 egg, ¼ cup butter, one cup sour milk, one teaspoon soda, one-half teaspoon cinnamon and cloves, a little nutmeg, one cup raisins or dates, two cups flour. Sweet milk can be used in place of sour, using one-half teaspoon soda and one teaspoon cream of tartar. My last way is to use one cup of sirup in place of sugar, one cup sweet milk and one teaspoon soda.

Chocolate Cake.

One cup sugar, 1 egg, ½ cup sour milk, 2 tablespoons cocoa, 1 teaspoon soda, 1 teaspoon lemon, 2 cups flour, ¼ cup butter, last thing ¼ cup boiling water.

Molasses Plum Cake.

One cup molasses, 1 cup sour milk, ½ cup butter, 1 cup raisins, 1 egg, 1 teaspoon soda, spice of all kinds.

Brown Sugar Cake.

One-half cup lard, 1½ cups brown sugar, 1 egg, 1 cup sour milk, ½ teaspoon cinnamon and nutmeg, 1 level teaspoon soda, 2 cups flour.

Sour Cream Cake.

One cup sour cream, 1 cup sugar, 2 cups flour, 1 egg, teaspoon each of soda and cream of tartar, salt and flavoring. This cake never fails. Can be used plain or as marble cake, with tablespoonful of cocoa in part of dough, as gingerbread with ginger and caraway seeds, with chopped figs and dates, vanilla and cinnamon, with raisins and nuts, nutmeg and cinnamon, as a layer cake, plain or with cocoa or as ribbon cake.

Sour Cream Sponge Cake.

Bread 2 eggs into a cup and fill with sour cream, 1 cup sugar, 1 even teaspoon soda, 1 heaping teaspoon cream tartar. Put eggs and cream, sugar, and soda in a mixing dish together, and beat a few minutes, mix cream tartar with 1½ cups flour, add a little salt. Flavor with lemon.

Buttermilk Hermits.

With 1½ cups sugar blend ½ cup butter, add 2 beaten eggs, ½ cup buttermilk, 1 teaspoonful soda, one cinnamon, ½ teaspoonful of cloves, ¼ nutmeg and 1 cup chopped raisins. Flour to roll. Cut in squares and bake.

Eggless Chocolate Cake.

One cup of brown sugar, one table-

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KEEP MILK CONTINUOUSLY CLEAN, COLD AND COVERED (Continued.)

Don't leave your milk bottles on a hot porch or doorstep. A short exposure in the sun or in a warm place hastens the spoiling even of cold, bottled milk.

Have the bottles left in the coolest and shadiest place about your premises.

Don't leave milk in bottles or vessels in a warm room for a moment longer than is necessary.

Never pour milk, which has been exposed to the air, back into a botle containing other milk. Keep such milk cold and covered in another clean utensil.

Keep milk clean. You can keep it clean only by keeping it covered so that the bacteria and molds from the air will not get into it.

Keep your milk bottles covered either with caps or by placing clean glasses over them. Keep them covered in the refrigerator and in the kitchen or dining room.

Never pour milk into an unsterile bowl or pitcher.

Scald all vessels into which milk is poured for keeping or serving. Cool these utensils after scalding, before you put milk into them.

Before you open a bottle of milk, wash and wipe the outside of the cap with water and a clean cloth. The little depression at the top of the bottle collects dust or water, or milk, which may attract flies. Lift out the cap with a pointed instrument, so that the outside of the cap, which may be contaminated, will not be pushed down into the milk.

Clean and scald the refrigerator where milk is stored, regularly with hot sal-soda solution. See that the drip pipe is kept open and clean.

Even in the cleanest refrigerator, never keep milk in an open vessel. Milk absorbs odors easily.

If there are babies or little children in your home, clean, cold, covered milk is absolutely essential.

CREAM VERSUS CONES

A woman who is the mother of five splendid children, told me not long ago that it became necessary for her to take some means to prevent her children from spending money to buy ice cream cones. These cones she considered neither healthful nor wholesome.

Finally she hit upon a plan that satisfied their sweet tooth and not only made for better health, but also gave a great deal of enjoyment. The plan is that the children save their pennies to buy cream, which she chills well and whips slowly in order to increase the amount. This she serves with a simple dessert, and the fact that the children have bought the cream adds greatly to their happiness. In addition once a week she makes ice cream or milk sherbet.

Gertrude Ford Daniel.

WAYS OF USING MORE MILK

Cereals Cooked in Milk—Cornmeal, oatmeal, and rice are delicious cooked in skim milk. Use the same amount of milk as you would water for oatmeal and corn meal. For rice, you can well use a good deal more milk—four or even more cups of milk to one of rice. Cook for an hour in a double boiler. This makes a delicious creamy cereal. For milk cereal puddings add sugar or sirup and raisins.

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spoon of butter, one-fourth cup of cocoa, one-fourth cup of boiling water, ½ cup of sour milk, ½ teaspoon of soda, 1¼ cups of flour and one teaspoon of vanilla. Mix sugar, butter and cocoa and add boiling water. Add soda to flour and milk alternately to sugar mixture. Add vanilla. Bake in layers in a moderately hot oven about 30 minutes.

Buttermilk Cake.

Two cups brown sugar, ½ cup butter, ¼ cup nuts, 3½ cups flour, 2 cups buttermilk, 2 teaspoonfuls soda, 1 cup raisins, 1 teaspoonful, each, of cloves, cinnamon and nutmeg.

Cream sugar and butter; add to this the dry ingredients which have been sifted together and the buttermilk. Lastly, the raisins which have been chopped and the broken nut meats. Bake in a slow oven.

Molasses Cookies.

One and one-half cups of molasses, one cup brown sugar, one egg, one cup of melted butter. Stir all together and add one cup of sour milk, one heaping tablespoon of soda, and one tablespoon of vinegar. Beat well until soda stops purring, then add one tablespoon of ginger and cinnamon and flour to roll. Bake in quick oven.

No-Egg Cookies.

Two cups of sugar, ¾ cup of butter, 1 cup sour milk, 1 teaspoon soda, and flour enough to roll. Can also be made with sweet milk, substituting baking powder for soda and cream of tartar instead of the plain soda.

Cornmeal Cookies.

One-half cup melted butter, ½ cup molasses, ½ cup corn syrup, 1 egg, 6 tablespoons sour milk, ½ teaspoon soda, 2 cups cornmeal, 1 cup wheat flour.

Combine the melted butter, molasses, syrup, beaten egg and milk. Sift the dry ingredients and combine with the liquid. Drop from a teaspoon onto a greased pan and bake in a moderate oven for 15 minutes. This makes 55 to 60 cookies about 2 inches in diameter.

ICINGS AND FILLINGS FOR CAKE

Confectioner's Icing.

Sift two cups of confectioner's sugar into a bowl; add half a teaspoonful of vanilla extract and stir in cream or milk, a few drops at a time, until the right consistency is secured.

Sour Cream Frosting.

One cup sour cream, 2 cups powdered sugar, ½ cup chopped nuts or raisins, ¼ teaspoon vanilla. Boil as you do fudge, then beat.

Sour Cream Filling for Cakes.

Sweeten and chill a cup of sour cream. Whip it, keeping it cold while doing so. When stiff add a cup of chopped nuts. If cream does not become stiff, add one teaspoon of melted gelatine at the last and set on ice. Makes an excellent filling for layer cakes.

Cream Filling.

Boil one pint of milk. Beat two eggs; add half a cup of sugar and one saltspoonful of salt. Melt one tablespoon of butter and add two tablespoonfuls of flour. When well mixed, add the boiling milk gradually, pour it on the eggs and sugar, and cook in double boiler five minutes or till smooth. When cool flavor with lemon, vanilla or almond.

Orange and Cocoanut Filling.

One egg beaten well; add one cup of whipped cream, half a cup of sugar, one cup of grated cocoanut, the grated rind of half and the juice of one orange. Put this between the top of the cakes and sprinkle fresh cocoanut over the whole.

Caramel Frosting.

Three cups of confectioner's sugar, 1 cup of cream, 1 heaping tablespoon butter. Boil them in saucepan without stirring until, when dropped in cold water, it is hard enough to be waxy. Stir only on bottom to keep from burning. Set pan in cold water, as it hardens, spread it on the cake while it is still soft enough to spread. It will settle into a smooth surface instantly.

Cocoa Filling.

One-half cup cocoa, one-half cup sugar, one-half cup milk, one tablespoon flour, one egg, one-quarter teaspoon salt. Mix cocoa, sugar, milk together, put on to boil; mix flour with a little cold milk until smooth, add one well-beaten egg and salt, add to boiling cocoa and milk; boil 10 minutes, stirring constantly. Set aside until cold.

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PIES

Lemon Pie.

One cup sugar, butter half as large as an egg, cream sugar and butter together, 2 eggs separated, beat whites to a stiff froth, 1 cup sweet milk, yolks of 2 eggs, beaten with milk, juice and rind of 1 lemon, beat these all together then beat whites in last. Bake crust before adding the filling.

Pumpkin Pie.

One quart of milk, 1 or 2 eggs, 1 pint sifted pumkin, 3 tablespoons molasses, ½ cup sugar, pinch of salt, ½ teaspoon of ginger or cassia. This makes 2 pies.

Cream Pie.

Make good, rich crust as for custard pie, when cool fill with the following: 1 pint mlik, 3 tablespoons sugar, yolks of 2 eggs, 1½ tablespoons cornstarch, a small piece of butter, salt. Put in double boiler and cook until thick. Flavor with 1 teaspoon vanilla. Use whites for frosting.

Date Pie.

Stone 1 large cup of dates and cook until soft in enough hot water to cover them. Then add 2 spoons of sugar, 1 cup of rich milk, small bit of butter, 1 egg, 1 spoon flour. Put whipped cream or frosting on top.

Chocolate Pie.

Three cups milk, 3 eggs, ½ cup sugar, 1½ squares chocolate, 1 tablespoon flour, vanilla if desired. Take the chocolate, half the sugar, and 2 tablespoons milk and place over steam to melt together. Scald the rest of the milk. When chocolate is melted smoothly, add slowly, the hot milk, then stir in the rest of the sugar, thoroughly mixed with the flour, and let thicken in the double boiler a few minutes. Beat slightly, 1 whole egg and yolks of two and add. Pour into the crust and bake. The flour used will not thicken the mixture much but helps to make the custard smooth and prevents wheying. Frost with 2 remaining whites, sweeten and flavor.

Banana Pie.

Bake a crust and let cool, slice into it two bananas, scald 1 cup of milk and stir into it ½ cup sugar 2 tablespoons of flour and yolks of 2 eggs. Cook until thick. Cool, turn into the crust, frost with the whites of the eggs.

Squash Pie.

One cup squash, 1½ cups milk, 2 common crackers, 1 egg, ½ cup sugar, salt, 1 teaspoon cassia.

Sour Milk Lemon Pie.

One cup of sour milk, two-thirds cup of sugar, one egg, grated rind and juice of one lemon, one tablespoon of butter, two tablespoons of cornstarch. Add the sugar to the sour milk. Stir while heating. When hot add the thickening, which has been mixed with a little sour milk, and cook until thick. Then add lemon, egg yolk and butter and cook again to thicken the egg yolk. Mix the egg white with one tablespoon of sugar and heat until glazed. Then bake in a slow oven for 35 minutes.

Buttermilk Pie.

Cover a deep plate with good pie crust and fill with following filling: Yolks of 2 eggs, 1 cup of sugar, pinch of salt, 2 rounding tablespoonfuls of flour and dessertspoonful of extract of lemon. Mix thoroughly and add 1½ cups of buttermilk. Bake in the usual way and frost with whites of 2 eggs. Brown in the oven a few minutes. To be eaten cold.

PUDDINGS

To freshen up rice or bread puddings. Remove crust from yesterday's pudding and turn the pudding into smaller dish. Add hot milk and (to a bread-pudding) fresh crumbs for top, dotted over with butter. Bake again. Rice pudding may be reheated with hot milk, or if to be served cold, covered with a meringue flavored with lemon juice and browned.

Bread Pudding.

Two and one-half cups bread crumbs, 1 cup milk, 1 cup water, 4 tablespoons sugar, ¼ teaspoon vanilla, ½ teaspoon salt, ⅛ teaspoon nutmeg, ⅛ teaspoon cinnamon.

Scald milk and pour over bread crumbs. Add sugar, water and salt, vanilla and spices. Mix well together, and bake for about one hour in a moderate oven. Serve with fruit sauce. Fruit sauce was made by adding to a clear sauce some left over raisins, peaches and orange peel.

Chocolate Bread Pudding.

One quart milk, 1 pint bread crumbs, ½ cup sugar, 1 tablespoon butter, 5 tablespoons grated chocolate. Cook all together in a double boiler until bread is soft and chocolate melted. Then stir in 2 well-beaten eggs, and bake in pudding dish 1½ hours. Make a sauce of 1 cup of sugar heated to the boiling point, in ¼ cup of water, then pour it over well-beaten whites of 2 eggs, beat thoroughly and flavor.

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REFRIGERATORS

Never permit a day's supply of milk to stand in the sun. An hour of this treatment will ruin the best milk possible to produce. It should be put at once into a well iced refrigerator, or lacking this, you can improvise a milk cooler.

Two cents a day refrigerator. Take an ordinary wooden butter tub and place three inches of sawdust in the bottom. Set a stoneware jar (or if a tin pail is used instead of the stone jar and two cents worth of ice put in each day the milk can be kept perfectly fresh and cool) on the sawdust, have the jar or pail smaller than the tub to allow an inch and a half of sawdust packed all around the sides. Set the milk bottles into the jar and pour in enough cold clean water to nearly cover them. Put on the cover and place a clean, snugly fitting, cotton, hay or sawdust-stuffed cushion over them. Then put cover of butter tub on. Set in the coolest place you have.

The water in the jar or pail should be changed every twenty-four hours. The temperature of the milk should not be more than one degree warmer than the water during that time.

AN ICELESS REFRIGERATOR

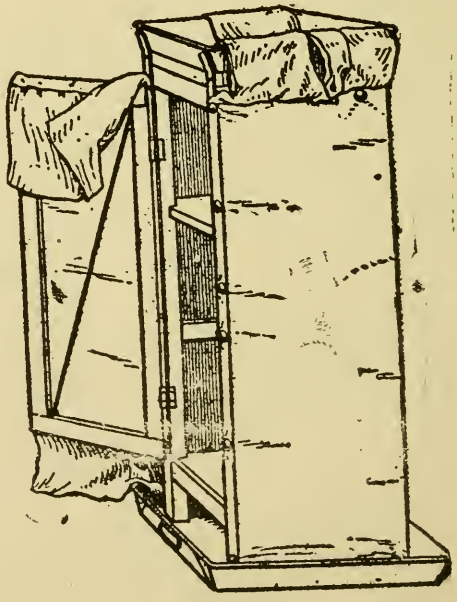
Acute Evaporation Necessary for Good Results.

Make a screened case three feet and a half high, twelve inches wide and fifteen inches long, with two movable shelves, twelve to fifteen inches apart, in it. Next place two one-inch wooden strips across the top, over the screen, low enough to allow a square pan to fit in.

Place the twelve-inch pan on the top to hold the water and the other under the case to hold the drip.

A covering of white Canton flannel, with smooth side out, is made to fit the case, and two double tabs of Canton flannel, six inches square, to form wicks, are sewed on the top of each side and allowed to extend over into the water two or three inches. Buttons and buttonholes permit opening the door without letting in warm air.

When the case is placed in a shady place where the air can circulate freely and the wicks are kept in the supply of water in the upper pan; it becomes an iceless refrigerator; for the water carried down the sides of the cloth continually evaporates, drawing the heat from the inside and thereby lowering the temperature to fifty degrees.



ICELESS REFRIGERATOR, BY COURTESY OF WOMAN'S MUNICIPAL LEAGUE, BOSTON.

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A PLEA FOR CLEAN BOTTLES

Wash empty bottles. This helps your milkman.

Never take milk bottles into a sick room. If you have an infectious or contagious disease in your home, boil the milk bottles, and do not return them without the express sanction of your local health officer or attending physician.

As soon as a milk bottle is empty rinse it in lukewarm water until it appears clear, then set it bottom up to drain. Do not use it for any other purpose than for milk. There is no objection to the consumer's scalding the milk bottle, but this is unnecessary, as the dealer will sterilize it when it reaches his plant. He can not, however, do this properly if he receives the bottle in a filthy condition. Clean and return empty bottles promptly. Remember that they are the property of the dealer and represent cash.

CARE OF MILK IN THE HOME

Don't Let Milk Spoil.

Sometimes in very hot weather housekeepers complain that in spite of all precautions their milk sours quickly even in the ice box. This is often due to the fact that the air in the ice box, although it seems cold in contrast with the heat outside, is really not cold enough to check the milk from souring; if a thermometer placed inside registers more than 50 degrees F. the fault is almost surely in the temperature of the ice box and not in the milk.

If the milk producer and the milk dealer have done their duty there is daily left at the consumer's door a bottle of clean, cold, unadulterated milk. By improper treatment in the home the milk may then become unfit for food, especially for babies. This bad treatment consists (1) in placing it in unclean vessels; (2) in exposing it unnecessarily to the air; (3) in failing to keep it cool up to the time of using it; and (4) in exposing it to flies.

The suggestions given here regarding milk apply also to cream.

Receiving the Milk.

Take the milk into the house as soon as possible after delivery, particularly in hot weather. Never allow the sun to shine for any length of time on the milk.

Handling and Keeping Milk.

On receiving the milk put it in the refrigerator at once and allow it to remain there when not using it. Except in cold weather milk can not be properly kept without ice. Unless the milk bottle is in actual contact with the ice it will be colder at the bottom of the refrigerator than in the ice compartment, as the cold air settles rapidly.

Keep milk in the original bottle 'till needed for immediate consumption; do not pour it into a bowl or pitcher. Carefully wipe or rinse the bottle, especially the mouth, before pouring any milk from it, so that dust or dirt which may have gathered thereon or on the cap will not get into the milk. Do not pour back into the bottle milk which has been exposed to the air by being placed in other vessels. Keep the bottle covered with the cap as long as milk is in it and when not actually pouring from it. If the cap has been punctured, cover the bottle with a clean inverted tumbler.

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Tapioca Pudding.

One quart skimmed milk, three-quarters cup tapioca, speck salt, ¾ cup sugar.

Add tapioca, sugar and salt to skimmed milk and cook until granules are clear and milk is absorbed. If more liquid is needed, add by the tablespoon. Pour into wet moulds. Chill, unmould and serve. Variation, two squares of chocolate may be melted and added as soon as mixture is hot.

Cracker Pudding.

Seven crackers, 1 cup sugar, 1 cup raisins, 2 quarts sweet milk, 3 eggs, the whites of 2 beaten for the top.

Pudding Sauce.

One egg beaten well, ½ cup milk, 1 cup sugar, flavor with vanilla.

Chocolate Pudding.

One-half cup sugar, 1 cup flour, ½ cup sweet milk, ½ teaspoon soda, 1 teaspoon cream tartar, 3 tablespoons chocolate, 1 egg. Steam 1½ hours. Make a plain sauce.

Orange Pudding.

One quart milk, yolks 3 eggs, beaten. Heat in double boiler, thicken with cornstarch. When cool add four oranges, sliced. Beat whites of eggs with sugar, spread on top of pudding, drop a few drops of cold water on. Place in oven and let brown. Serve cold.

Thanksgiving Pudding.

One cup butter, 1 cup molasses, 1 cup sour milk, 1½ teaspoons soda, 1 teaspoon cinnamon, ½ teaspoon cloves, ½ teaspoon salt, 1¼ cups chopped raisins, ¾ cup currants, 2¾ cups flour, steam 4 hours.

Cottage Pudding.

One-quarter cup butter, 2-3 cup sugar, 1 egg, 1 cup milk, 2¼ cups flour, 4 teaspoons baking powder, ½ teaspoon salt.

Sift together the flour, baking powder and salt. Cream the butter, add sugar gradually and well beaten egg. Add alternately the milk and the sifted dry ingredients. Mix well. Turn into buttered cake pan and bake in a moderate oven for thirty-five minutes.

Cereal Pudding.

One cup cooked cereal (left over), 2 cups scalded milk, ½ cup molasses, 1½ teaspoons salt, 1½ tablespoons butter.

Pour milk on cereal and mix well. Add remaining ingredients, pour into greased pudding-dish and bake one hour in slow oven.

Cornstarch Pudding With Fruit.

One pint of milk, 4 tablespoon cornstarch mixed with a little cold water, ½ cup sugar, 1 well-beaten egg, ¼ teaspoon salt, ½ cup chopped cooked peaches, apricots or pears, 1 teaspoon vanilla.

Scald milk; then stir in cornstarch mixed with a little cold water, and cook five minutes in double boiler. Place upper part of double boiler on fire, let cornstarch boil, return boiler to place, add sugar, egg and salt beaten together, and cook two minutes, stirring continually. Flavor with vanilla, add fruit, and pour into mold. Chill and serve with sugar and cream.

Rice and Raisin Pudding.

One quart milk (whole or skimmed), 1-3 cup rice, ½ teaspoon salt, 1-3 cup sugar, 1 cup raisins.

Wash rice, mix ingredients, and pour into buttered pudding-dish; bake three hours in very slow oven, stirring three times during first hour of baking to prevent rice from settling. If skim milk is used add 1 tablespoon butter.

Simple Rice Pudding.

Wash a cup of rice; then boil it on the stove in a quart of water for about 5 to 10 minutes. Take it off the stove and do not drain; then add a quart of milk, ¾ cup of sugar, ½ teaspoon salt and a little nutmeg. Put it in the oven and bake very slowly for about 1 hour. Stir it frequently while it is baking.

Baked Indian Pudding.

Scald two cups of milk in a double boiler. Stir one cup of cold water into four tablespoonfuls of cornmeal, then stir this into the hot milk. Cook and stir until the mixture thickens. Add half a cup, each, of sugar and molasses (or a full cup of molasses), two eggs, beaten light, half a teaspoonful of salt, one teaspoonful of cinnamon and half a teaspoonful of ginger and turn into a buttered baking dish. Bake half an hour, then pour on half a cup of cold milk and let bake, without stirring, two hours. Serve with cream and sugar.

Eggless Plum Pudding.

One cup bread crumbs, 2 cups rye flour, 4 teaspoons baking powder, ½ teaspoon salt, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 cup butter, 1 cup seeded raisins, 1 chopped apple, 1 cup molasses, 1 cup milk.

Mix the dry ingredients thoroughly; add the butter and the prepared fruit. Mix well and add gradually the molasses and milk, stirring continually. Steam 2½ hours. Serve with hard sauce.

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CUSTARDS

Junket.

Two cupfuls of milk, ¼ cupful of sugar, honey or syrup, 1 junket or 2 rennet tablets, ⅛ teaspoonful of salt, a few grains of nutmeg or cinnamon.

Warm the milk to about the temperature of the body, crush the tablet, and add it with the other ingredients to the milk. Pour into several small dishes and place in a warm (not hot) place to set. Place on ice to chill, before serving.

Boiled Custard.

Three egg yolks, 2 cupfuls of milk, ¼ cupful of sugar, honey or syrup, ⅛ teaspoonful of salt, flavoring.

Heat the milk in a double boiler. Thoroughly mix the eggs and sugar and pour the milk over them. Return the mixture to the double boiler and heat it until it thickens, stirring constantly. Cool and flavor. If the custard curdles, remove it from the fire and beat with a Dover egg beater.

Tapioca Custard.

Tapioca custards may be made as follows: Add to the list of ingredients for boiled custard one-fourth cupful of pearl tapioca. Soak the tapioca in water for an hour or two, drain it, and cook in the milk until it is transparent. Proceed as for boiled custard.

Baked Custard.

In making allow one egg and two level teaspoonfuls of sugar and a few grains of salt and nutmeg for each cupful of milk. Beat the eggs slightly and add the other ingredients. Bake in cups set in a pan of water in a moderate oven.

Peach Custard.

Fill sundae glasses about a quarter full of chopped peach and then nearly to the top with soft custard. When ready to serve cover each portion with sweetened whipped cream and invert half of a chilled peach in the center.

Lemon Custard.

Grate 2 lemons, add ½ pound of sugar and ¼ pound of butter, beaten together to a cream, 1 pint of milk, 2 tablespoons of flour and 2 eggs beaten separately. Add whites last.

Coffee Custard.

Put ½ cup of ground coffee in a small muslin bag and place it in a double boiler containing 4 cups of cold milk; let stand half an hour, then heat to the boiling point and cook five minutes. Remove the bag and pour the hot milk over 2 beaten eggs and 4 heaping tablespoons of sugar. Pour into small custard cups and set in a pan of hot water in the oven and bake until firm. Serve cold.

Chocolate Custard.

One quart of milk, 3 eggs, 8 tablespoons grated chocolate, 2 tablespoons cornstarch, pinch of salt, teaspoon vanilla, put milk to heat in double boiler, using a little to mix cornstarch; beat eggs, add sugar and beat well together, add dissolved cornstarch, then the melted chocolate and beat again; put into hot milk and stir all together. Cook until thick and smooth, take from the stove and let cool a little, then add salt and vanilla. Serve cold.

Buttermilk Custard.

One pint buttermilk, one cup sugar, two tablespoons flour, one-half cup butter, three eggs, grated rind of a lemon. Cream butter and flour together. Add sugar, beaten egg yolks, the stiffly beaten egg whites and lemon last. Bake until firm.

Irish Moss Blanc Mange.

One quart of milk scalded with a scant handful of Irish moss, well rinsed. Cook in double boiler about 20 minutes. Take off, add salt and vanilla to taste. Strain and mold. Melt chocolate if wanted for chocolate blanc mange. Eat with sugar and cream.

Canton Cream.

Make a custard of 1 cup milk, yolks 2 eggs, ¼ cup sugar and few grains salt. Soak ¼ box gelatine in ¼ cup cold water and add to hot custard. Strain, chill in pan of ice water and add 1 tablespoon wine, ½ tablespoon brandy, 2 tablespoons ginger syrup and ¼ cup Canton ginger cut in pieces. When it begins to thicken, fold in whip from 2½ cups cream.

Chocolate Blanc Mange.

One qt. of milk, 2 sq. chocolates, 3 tablespoons cornstarch, 4 teaspoons sugar, ¼ teaspoon salt. Heat milk. Melt chocolate and cook it for 3 minutes with ½ cup of water. Blend last three ingredients with 1-3 cup of milk, and add to chocolate. Pour hot milk into above mixture and stir constantly to avoid lumps.

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Snow Eggs.

Whip the whites of four eggs to a stiff froth. Have ready a pint of boiling milk and into this drop the egg whip in spoonfuls. Keep over the range until the egg whip poaches, but do not let it brown. Slip these snow balls into a shallow dish and make a custard from the hot milk and the four yolks, with sugar to taste. Just before sending to the table, as a hot pudding pour the custard around the snow balls and sprinkle the whole with chopped dry maccaroon.

Molded Custard.

Soften one-fourth a package of gelatine in one-fourth a cup of cold milk. Make a soft custard with three egg-yolks, one-third a cup of sugar and half a teaspoonful of salt. Add the softened gelatine, stir until dissolved, and let cool; add half a teaspoonful of vanilla extract and strain into a mold. When unmolded, pour over half a cup of fruit jelly half dissolved in one-fourth a cup of boiling water. Or, serve with half-beaten cream.

Vanilla Bavarian Cream.

Soften one-third a package of gelatine in one-third a cup of cold milk. Make a soft custard of one cup of milk, three egg-yolks and two-thirds a cup of sugar; add the softened gelatine and stir over ice-water until beginning to thicken, then fold in one cup and a half of cream beaten light and one teaspoonful of vanilla. This may be made without eggs. Simply dissolve the gelatine and sugar in the hot milk and finish as usual.

Buttermilk Charlotte.

One pint buttermilk, ½ cup sugar, 1 tablespoon gelatin, ¾ cup fruit (apple-sauce is best but berries are a good substitute), 1 egg white.

Soak the gelatin in three tablespoons of water and melt over hot water. Add sugar and melted gelatin to buttermilk and allow to stand until it begins to thicken. Beat the egg white and fold in white and fruit. This is molded and served cold with whipped cream or fruit juice and garnished with cut fruit.

PANCAKES AND DOUGHNUTS

Raised Doughnuts.

One egg, 1 pint of milk, scalded, ½ cup butter, 1 cup sugar, 1 yeast cake, dissolved in ½ cup water. Mix stiff and set to rise over night.

Molasses Doughnuts.

Two eggs, ½ cup sugar, ½ cup molasses, 1 cup sour milk, 1 tablespoon sour cream, 1 teaspoon soda, a little salt, cinnamon, and ginger.

Doughnuts.

Beat well together two eggs and two cups granulated sugar. Add one pint milk and one quart flour in which are mixed and sifted three teaspoons baking powder, one teaspoon salt and one grated nutmeg. Beat well, then add more flour to make a soft dough. Roll out half inch thick, cut in rings.

Doughnuts with One Egg.

One egg, 1 cup milk (scant), 1 tablespoon sugar, ½ teaspoon soda, 1 teaspoon cream tartar, salt, flour to make rather stiff, fry in deep fat.

Corn Meal Flap Jacks.

Two-thirds cup cornmeal, 1-3 cup rye flour, ¼ teaspoon salt, ¾ teaspoon soda, 1 egg. 1½ cups sour milk, ½ tablespoon butter.

Mix and sift dry ingredients. Add the beaten egg and milk to the mixture. Mix thoroughly. Add melted butter and beat well. Drop from a spoon on to a hot greased griddle. When brown, serve.

Cereal Pancakes.

One cup sweet milk, 1 cup flour, 2 teaspoons baking powder, 1 cup cooked cereal, 1 egg, 1 teaspoon salt.

Beat the egg and cooked cereal together until light and smooth and stir in the milk. Sift the flour and salt together and add to the cereal mixture. When ready to bake the cakes, stir in the baking powder and beat the batter vigorously. Cook on hot pan.

Sour Milk Pancakes.

One cup thick sour milk, ½ cup cooked cereal, 1 egg, ¾ cup flour, 1 teaspoon soda, ⅛ teaspoon salt.

Beat sour milk, cereal and egg well together. Sift flour and salt and add them. When ready to bake the cakes, add the soda and beat the batter vigorously. If too thin, add a little more flour; if too thick, add more sour milk.

Pancakes.

Two cups sweet milk, 3 cups crumbs (level), ¼ teaspoonful salt, 1 tablespoonful sugar, 1 egg.

Sufficient sweet milk to wet the crumbs, then add the other ingredients and whip with egg-beater. Add 2 teaspoonfuls baking powder and bake on hot griddle. The quality of bread crumbs varies so much that more or less liquid than given may be necessary.

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Mix whey and sugar and boil the mixture till it is of the consistency of strained honey. This syrup will keep indefinitely if properly bottled and is delicious for spreading on waffles or pan cakes. Used a little thinner it makes an excellent pudding sauce. Since it requires no thickening, it is the easiest possible sauce to make.

DIRECTIONS FOR WHIPPING CREAM

Difficulties experienced by housekeepers in the whipping of cream may make of interest the following directions:

1. Light, medium or heavy cream may be used but **medium** cream is of the most favorable richness.
2. At the time of whipping, cream should be at a temperature as low as forty degrees.* This probably can be secured only by placing for a time the bowl of cream in a pan of cracked ice and water.
3. Whip cream in a cool room.
4. Whipping is favored by adding one teaspoonful of sugar (powdered preferred) to two teacupfuls of cream.
5. Cream should whip under above conditions in about a minute.
6. Whipped cream will not remain sweet as long as unwhipped cream.

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*The low temperature of cream is the most important factor to accomplish successful whipping.

MILK AND CEREAL DISHES

Milk Toast.

The following is a good method for making milk toast. Put on the table hot crisp toast or twice-baked bread and a pitcher of hot milk, slightly salted. One-fourth teaspoonful of salt to a cupful of milk is sufficient. Pour the milk over the toast as needed, using hot bowls or deep saucers for serving. This is the easiest way of serving milk toast, and, if care is taken to have all the dishes hot and to salt the milk, it is usually acceptable. A supply of twice-baked bread can be kept on hand and heated as needed to crisp it.

Another way to make milk toast is to thicken milk and pour it over toast. For one cup of milk allow 1½ level teaspoons of flour and ¼ teaspoon of salt. Make a smooth paste out of the flour, salt, and a little of the milk. Heat the rest of the milk; add the flour and milk mixture and boil for about five minutes, stirring constantly, or cook 20 minutes in a double boiler, stirring constantly at first and frequently later on. If skim milk is used, a level teaspoonful of butter should be added after the gravy is prepared.

An easier and quicker method of making the sauce or "milk gravy" is to cook the flour thoroughly in a tablespoonful of butter before adding the milk. This, however, is not thought to be so wholesome as the kind of gravy in which the flour is cooked in the milk.

Milk gravy may be combined with dried beef or salt codfish which has been cut into small pieces and soaked in warm water, or with small pieces of tender meat, chicken, fish or vegetables. Such gravy may be served with toast, with baked or boiled potatoes, or with boiled rice or other cereals.

Indian Meal Gruel.

Scald one quart of milk, then mix 4 tablespoons of Indian meal, 1 egg, 4 tablespoons of sugar and a little salt in a little cold milk and pour into the hot milk. This is much better than gruel.

Bruiss.

Soak brown bread crusts over night in good, fresh, sweet milk. In the morning boil slowly in more sweet milk, and just before taking up to serve while hot add a little butter.

Milk taken with breakfast cereals or used as a beverage is an important source of nitrogenous material, a glass supplying as much as 2 ounces of lean meat or one egg. Cooking cereals with milk instead of water is a convenient way of adding nitrogenous material to the meal.

Fried Bread.

To an egg, well beaten, add one cup of whole milk thoroughly. Soak pieces of stale bread in this, fry whole in butter.

Stale bread in a mixture of eggs and milk and fried as "French Toast" for breakfast, softened with milk, seasoned with sugar and cinnamon and served with a pudding sauce, is a satisfactory dessert.

Bread Cereal.

Dry bread in the oven until crisp and brown. Roll on board, or put through meat grinder, having crumbs coarse. Serve warm as a breakfast food with milk or cream.

Gruels (barley flour, rice flour, farina, oatmeal or cracker meal): 1 tablespoon of the flour or meal (2 tablespoons of the cracker meal), 1¼ teaspoon salt, ½ cup each of boiling water and milk. Boil and strain.

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Rice Water.

One-half tablespoon rice, 2 cups milk, salt. Put the rice on in cold milk, boil 30 minutes, and strain.

There is a class of extremely valuable dishes which are sometimes called "cereal milk puddings," usually made by cooking equal volumes of a cereal (usually rice) and sugar in 12 times the volume of milk—for example, one-fourth cupful of rice, one-fourth cupful of sugar, and 3 cupfuls of milk. When a fire is kept constantly and the cost of fuel need not be considered, such a dish may be made with skim milk, and very much more than 3 cupfuls of the milk used. As the water evaporates, the dish becomes richer and richer in protein.

Oatmeal may be substituted for rice in the above-described pudding and adds somewhat to the protein value, though the quantity of cereal used is so small that this is not important.

Thin cereal-milk puddings, made by slowly cooking down until thick 10 or 12 parts of skim milk and 1 of rice, oatmeal or similar cereal, may be used in place of cream with stewed fresh fruits or cooked dried fruits or baked apples.

EGGS

Scrambled Eggs using up yolks of eggs

Three yolks, dash cayenne, dried bread or toast, 1 large tablespoon bacon (cut in bits), ½ cup milk, ½ tablespoon butter.

Prepare crisp dry toast, or use oven-dried slices of old bread. Beat eggs slightly, add milk and bacon. Melt butter in hot omelet pan; add the egg mixture, and cook lightly, holding pan up from intense heat. Have hot milk ready in saucepan, dip slices of bread or toast quickly in it, put on hot platter, and pour scrambled eggs over all.

Egg Croquettes.

Put five hard-boiled eggs through a vegetable press, or chopper. Put one tablespoon of butter and two of flour into a saucepan, add a half pint of milk, stir until boiling, add a half cup of stale, unbrowned bread crumbs, a teaspoon of salt, a tablespoon of chopped parsley, a dash of pepper and a half teaspoon of onion juice; add the eggs, mix and turn out to cool. When cold form into cutlets, dip in egg and then in bread crumbs and fry in smoking hot deep fat. Serve with plain cream sauce.

Floating Island using up whites of eggs

Beat up whites of eggs until stiff; gradually beat in a very little powdered sugar and drop large spoonfuls in hot milk in frying pan. Dip milk over egg, that it may cook slightly. Take up in a skimmer and drain. Serve on soft custard with a bit of jelly on top of each spoonful.

Scrambled Eggs.

Slightly beat the number of eggs required, add one tablespoonful of milk for each egg. Season with salt and pepper. Pour into omelet pan and as egg hardens stir. Serve on a hot platter, garnish with crisp bacon and sprigs of parsley.

Eggs a la Goldenrod.

One tablespoon butter, 1 tablespoon flour, ½ teaspoon salt, ½ saltspoon pepper, 1 cup milk, 3 hard-boiled eggs, 3 slices toast, parsley. Put butter in chafing dish. When bubbling add flour, salt, pepper and gradually the milk. Add the whites of the eggs, chopped fine. When hot, pour over the toast. Rub the yolks through a strainer over all and garnish with parsley.

FROZEN DESSERTS

Cheap and Easy to Make Your Own Ice Cream.

A frozen dessert is easier to make than a cooked one, ice is not more costly than coal and there is no waste to a frozen cream.

Ice cream is fast getting out of the refreshment class and becoming a staple food.

Ice cream can be made at home for less than half the cost of the commercial article, and freezers are to be had in many sizes and at many prices—reasons enough, it would seem, for an immediate adventure in making frozen desserts.

From 10 to 15 minutes is usually required for freezing, and the process is certainly more comfortable than baking a pie. One part of salt and three parts of ice usually produce good results. Turn the freezer slowly at first, and more rapidly near the finish. After draining off the brine, cover the can with unsalted ice, and wrap with newspaper and blankets.

Ice cream should ripen several hours before serving.

Banana Ice Cream.

Pare and mash six ripe bananas. Mix one quart of milk with one-half pound of sugar and stir until dissolved. Beat

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NEEDFUL CO-OPERATION OF PRODUCERS AND CONSUMERS.

Milk dealers and consumers rarely get close together. Too often the consumer bears a feeling of resentment against the milkman. His ill-will is not manifested toward the man who delivers the bottles of milk each morning, but rather at the milk company, the impersonal organization which he feels is asking an exorbitant price for milk in order that it may make unwarranted profits.

As a matter of fact, the milkman, whether he be the farmer who peddles his own milk from house to house, or the great business organization in the large city which gathers milk from 10,000 farms, hauls it to a central depot where it is clarified and bottled in order that it may be delivered to the consumer in as pure and wholesome a condition as is possible, is doing a great service. No greater is rendered by any food producer or distributer.

The consumer has every reason to applaud the energetic and conscientious work of the milk company which supplies him and his babies with wholesome milk.

There is another good reason why the milkman and the consumer should know each other better. Much milk is spoiled in the home by careless handling. The milkman is often unjustly blamed for selling sour milk when the fault is really that of the consumer. Whenever the milkman can get an opportunity to talk to his customers on the better care of milk he is doing himself a service, but the service he is doing the consumer is far greater.

A WORD ABOUT BUTTER

Butter is the choicest fruit of the dairy. To consider it a luxury, is a grave error. Although many people have had it impressed upon them that fats are necessary to human sustenance and physical well-being, few realize that butter-fat, which constitutes about .83 per cent. of good butter, supplies certain elements absolutely necessary to good health, growth and the functions of reproduction, and that there is no known substitute for butter-fat. Imitations of butter are not true substitutes for butter. Scientific experiments have shown this conclusively. No vegetable oils derived from seeds or nuts, nor even animal fats other than the fat of milk, have been found to supply the "vitamins" needed to maintain health and vitality. This being the case, no one should be induced to believe that butter substitutes are as good as butter, no matter how palatable they may be, or that their use is true economy, especially as regards the young. Butter from milk is easily and thoroughly digested. As a source of energy, a pound of butter-fat equals 2¼ lbs. of protein and carbohydrates. Real butter at 60 cents or more per pound is cheaper than an imitation at 25 cents.

The family that uses butter substitutes needs more milk or cream.

Butter is made from cream. Cream is obtained from whole milk through process of separation. The most valuable constituent of milk, cream and butter is milk fat, which forms 82 to 85% of commercial butter.

In butter substitutes the basic sources of fat are tallow, lard and cottonseed oil. Each of these fats has a value and a use of its own. Comparisons with butter on the basis of calory units alone, or even in

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in the banana pulp, add the juice of half a lemon, and freeze.

Plain Vanilla Ice Cream.

Beat 4 eggs thoroughly and mix with one quart of milk, 4 heaping tablespoonfuls of sugar and one-half teaspoonful salt; cook in a double boiler until the mixture thickens, then freeze. An excellent cream to serve with a fruit or chocolate sauce.

Peach Bavarian Cream.

Two tablespoons gelatin, 1 cup whey 2-3 cup honey or maple syrup, 1 cup peaches cut in small pieces, 1 tablespoon lemon juice, 1 cup sour cream, whipped.

Soak the gelatin in the whey, and dissolve it by setting the dish in a pan of boiling water. Add the sweetening, the fruit, and the lemon juice. Chill the mixture and when it begins to thicken, fold in the whipped cream, and turn it into a mold. Serve it with a soft custard.

Milk Sherbet.

Four cups milk, 2 lemons, 2 cups corn syrup and 1 cup grated pineapple.

Mix the lemon juice and syrup together. Add the milk slowly and freeze. The milk may curdle when lemon is added but will be beaten smooth during freezing.

Frozen Chocolate Junket.

One quart milk, ¼ cup sugar, 1 teaspoon vanilla, 2 squares chocolate, 1 junket tablet.

Melt chocolate in top of double boiler, add milk slowly. Dissolve tablet in 1 tablespoon of cold water and stir carefully into milk. Add sugar and flavoring. Let stand in a warm place until set and then freeze in any of the commercial ice cream freezers.

Grape Juice Milk Sherbet.

One pint home made grape juice, 1 pint milk.

Freeze same as the chocolate junket.

Caramel Almond Ice Cream.

Stir three-fourths a cup of sugar over a quick fire to caramel; add a cup of blanched almonds and let cook until the almonds are of an amber shade; add half a cup of boiling water, cover and let simmer to a thick syrup. Scald one quart of milk in a double boiler; sift together half a cup of sugar, three teaspoonfuls of cornstarch and half a teaspoonful of salt; add to the hot milk, stirring constantly; cover and let cook twenty minutes. Add the caramel and nuts and two cups of cream. Freeze when cold. Without almonds this is good ice cream.

Simple Ice Cream.

In the way they are used, ice cream and frozen custard may be grouped with the puddings. Plain ice cream made out of thin cream, sweetened and flavored, or out of cream and custard mixed, may be given to children occasionally.

A good ice cream may be made as follows: Allow one-fourth cupful of sugar to each cupful of thin cream (half milk and half cream); flavor and freeze.

A frozen custard, commonly called by housekeepers "ice cream" or "French ice cream," which contains eggs as well as milk and cream, may be made as follows: For each half cupful of milk allow one-fourth cupful of sugar, one or two egg yolks or one whole egg, and a half cupful of cream. Make a custard out of all the ingredients but the cream. Flavor it, add the cream, and freeze.

Banana Whip.

Peel 6 ripe bananas and rub through a sieve, stir into them ½ cup powdered sugar, and ½ cup strained orange juice. Dissolve ½ teaspoon powdered gelatine in ½ cup boiling water and strain into banana mixture. When it begins to stiffen add 2 cups of whipped cream and turn into a wet mold, lay over the mold 2 thicknesses of waxed paper before putting on cover. Bury in mixture of cracked ice and salt.

Chocolate Ice Cream.

One and one-half cups milk 5 tablespoons sugar, 2½ tablespoons flour, ½ teaspoon salt, ½ teaspoon vanilla, ½ square chocolate, ½ cup thin cream.

Mix sugar, salt and flour, and slowly add ½ cup cold milk, stirring constantly so that there are no lumps. Add remainder of milk, scalded, and cook this mixture over hot water for about fifteen minutes, until it thickens. Melt chocolate over hot water and add to thickened milk. Cool. Add vanilla and thin cream.

A quarter of a teaspoonful of cinnamon, added to each gallon of chocolate ice cream, gives it a richness, without a suggestion of cinnamon taste.

Peach Melba.

Peach Melba is a name given to various dishes made up of cooked peaches vanilla ice cream or sweetened whipped cream, sponge cake and a raspberry sauce. One of the best is given below.

Set a thin round of sponge cake on a

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small plate; above this set half a choice preserved peach with some of the syrup; cover the whole with vanilla ice cream and over the whole pour two or more tablespoonfuls of thick raspberry sauce. The sauce is made by reducing raspberry pulp and juice by cooking and then adding sugar to sweeten. Do not cook long after adding the sugar; let chill before using.

Maple Mousse.

One pint maple syrup, heat in double boiler, when quite hot add 4 eggs, well-beaten, and stir until quite thick, then take from the fire and cool, add 1 pint of heavy cream, whipped. Place in the ice cream can with beaters removed, pack around with the usual mixture of ice and salt. Cover with a heavy cloth or sack. Let stand 3 or 4 hours.

Raspberry Mousse.

Half pint cream, whipped very stiff, to this add ½ cup raspberry juice, ¾ cup sugar and juice of 1 lemon. Pack in ice and salt and let stand 4 or 5 hours. Strawberry or pineapple juice can be used in this recipe.

"Three Ice" With Cream.

Three lemons (juice), 3 oranges (juice), 3 bananas, 3 cupfuls sugar, 3 cupfuls milk, ½ pint cream.

Put all together except cream in a large bowl and let stand one hour. Then strain through colander, mashing the bananas through with a potato masher. Pour into a freezer, add cream and freeze. These amounts will serve about ten persons.

Banana Sour Ice Cream.

One and one-fourth cupfuls sour cream, 1 cupful sugar, juice of 2 lemons, 3 bananas.

Thoroughly dissolve the sugar in the lemon juice. Then mix with the cream and stir in the bananas, well mashed. Freeze.

Tutti-frutti Ice Cream.

Make this cooked custard, which is the basis of any plain cream. Two cups of milk, yolks of three eggs, one-half cup of sugar, or more if needed, one teaspoon of salt, flavoring. Mix the sugar and eggs and pour the milk on them when it is scalding hot. Add salt and seasoning and cook in a double boiler stirring often until the mixture coats the spoon. Freeze this until like mush, now open the freezer and add a cup and a half of the mixed fruit you like best. Citron, raisins, drained canned cherries and apricots make a fine combination. Finish freezing and pack down in ice for two hours before using. If you wish to use only two eggs for a quart of cream beat the yolks and the whites separately and add a tablespoon of cornstarch to the mixture and beat the stiff whites of the eggs in just as the custard goes into the freezer.

Sundae.

A sundae is any frozen dish served with a syrup or sauce. If you like chocolate syrup make it as the soda dispensers do and it will be smooth and sweet. This is the recipe used by a famous "mixer." Chocolate syrup: Measure eight tablespoons of best cocoa or powdered chocolate essence into a bowl and add boiling water to cover. Work this to a smooth paste and add one pint of water. Boil this four minutes, add eight tablespoons of sugar and boil five minutes longer. Flavor with ten drops of vanilla. This will keep fresh a long time in an uncorked bottle in a refrigerator.

HOME-MADE COTTAGE CHEESE

(The Women's Municipal League of Boston)

Skim Milk Cheese.

One quart skim milk, 2 junket tablets, 1-3 teaspoon salt, 1 tablespoon top milk.

Heat milk in double boiler until lukewarm. Allow it to remain at that temperature for 15 minutes. Add junket tablets which have been crushed and dissolved in one-quarter cup cold water, stirring while adding. Allow to remain until the milk curdles. Strain through cotton cloth, squeezing gently. Mash the curd with a fork, season with salt, moisten with milk, shape and chill.

Sour Milk Cheese.

One quart thick sour milk, 1 quart hot water, 1-3 teaspoon salt, 1 tablespoon top milk.

Put milk in large bowl. Add hot water and let stand five minutes. Strain through cheese cloth, squeezing gently. Mash the curd with a fork, season with salt, moisten with milk, shape, chill and serve.

Buttermilk Cheese.

One quart buttermilk, 1-3 teaspoon salt, 1 tablespoon top milk.

Heat buttermilk gradually to about 70 degrees C. Allow it to cool. Strain through cheesecloth, squeezing gently. Mash the curd with a fork, season, moisten, shape and chill.

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connection with theoretical digestibility, does not suffice; palatability, adaptability, and vitamines must all be considered. No substitute is "just as good." One would not use these fats and oils in making ice cream, nor would one use either animal or vegetable fats for feeding young children, or even very young animals if best results are desired. Practical experience and observation prove the superiority of milk fat as a food whether consumed by adults or children. Dr. McCollum, while at the University of Wisconsin, did much in furnishing scientific proof along these lines. Lard and tallow are well adapted for purposes of shortening and frying, and cottonseed oil for use in salads, etc., but when these facts are processed, thus adding materially to their cost, and then combined and sold in the place of butter, they serve neither the purposes of real economy nor of best nutrition.

A given sum expended for good butter will prove more satisfactory than if spent for a larger quantity of imitation butter.

Economize by avoiding waste in the use of butter rather than by substituting an inferior article.

"The real nutritive value of a food depends not simply on the proportion of nutriments which it contains, but also on the amount of those nutrients which can be made available to the body by digestion for building material and for fuel."—Atwater.

Give Your Children Milk.

A quart a day for every child, if possible, a pint without fail. Plenty of milk will help give all your children, big and little, the chance for health they ought to have. Buy more milk and less meat and your family will be better fed.

Milk Helps Your Children to Grow.

Besides well-known food substances it has something special which they must have to grow. Your children can get a little of this from other foods, but not enough. Give your boys and girls milk for their chance to grow.

Milk Helps Your Children to Keep Well.

Look at children who do not get milk, but get tea and coffee instead. Aren't most of them pale and sickly? There are always very many sick children in cities and in countries where milk is scarce. When milk prices go up and mothers begin to economize on milk more children become sick. Do not let your children run this risk. Give them fresh, clean milk and help them to grow up strong and well and win in their fight against disease. Save on other things if you must, but not on milk, your child's best food.

Milk gives your children fuel to burn in their bodies. They need the fuel to keep them warm and to help them run and play and work, much as an automobile needs gasoline or a steam engine needs coal. They are so active that they need more fuel for their size than grown people do. The fat and the milk sugar and the protein in the milk all burn up as fuel.

Milk is much cheaper fuel than meat. A quart gives the same amount of fuel as a whole pound of lean meat or as eight eggs.

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COTTAGE CHEESE (An inexpensive Meat Substitute)

Cottage cheese is one of the important meat substitutes, says specialists of the United States Department of Agriculture. It contains a larger percentage of protein (the chief material for body building) than most meats and furnishes this material at a lower cost. In every pound of cottage cheese there is about one-fifth of a pound of protein, nearly all of which is digestible. Meats, on the other hand, usually contain less protein and besides have a certain waste, such as bone and other inedible material. A pound of cottage cheese daily would supply all the protein required by the ordinary adult engaged in a sedentary occupation.

The following shows that cottage cheese is much cheaper than most meats in furnishing protein for the diet.

For supplying protein, one pound of cottage cheese equals: 1.27 pounds sirloin steak, 1.09 pounds round steak, 1.37 pounds chuck rib beef, 1.52 pounds fowl, 1.46 pounds fresh ham, 1.44 pounds smoked ham, 1.58 pounds loin pork chop, 1.31 pounds hind leg of lamb, 1.37 pounds breast of veal.

In addition to protein, energy for performing body work must be furnished by food. As a source of energy also, cottage cheese is cheaper than most meats. The following shows the comparison when energy is considered.

On the basis of energy supplied, one pound of cottage cheese equals: 8 1-3 ounces sirloin steak, 11¼ ounces round steak, 11¼ ounces chuck rib beef, 10¾ ounces fowl, 5½ ounces fresh ham, 5 ounces smoked ham, 6 ounces loin pork chop, 7 1-3 ounces hind leg of lamb, 12¾ ounces breast of veal.

Creamy Eggs With Cottage Cheese.

One cup milk, 1 tablespoon flour, 2 eggs, 1 cup cottage cheese, ¼ teaspoon soda, 1 tablespoon butter, ⅛ teaspoon pepper, ½ teaspoon salt, paprika, parsley or pimentos.

Make a thick sauce with the milk, flour, butter, and seasonings. Cook 5 minutes and pour gradually on the cheese, which has been neutralized with the soda dissolved in a little of the milk. When the cheese and sauce are well blended, return them to the top of the double boiler and reheat over hot water. Beat the eggs slightly, pour them into the warm sauce, and mix well. As the mixture sets in a soft custard on the bottom and sides of the boiler, scrape it up carefully, forming large soft curds. The mixture is cooked when it is of a creamy consistency throughout.

Cooked Salad Dressing With Cottage Cheese.

One-fourth tablespoon mustard, ¼ tablespoon salt, 2 tablespoons flour, 1 tablespoon sugar, ¾ cup sweet milk, ⅛ teaspoon cayenne pepper, 4 tablespoons cottage cheese, ⅛ teaspoon soda, 2 eggs, 2 tablespoons butter, ½ cup vinegar.

Rub together the dry ingredients and add egg yolks slightly beaten. Add melted butter, cold milk and hot vinegar, in the order named, stirring until perfectly smooth. Cook the mixture in a double boiler until thickened. To the stiffly beaten whites of eggs add 4 tablespoons of cottage cheese which has first been neutralized with the soda, and fold this mixture into the cooked dressing. Set the pan into a bowl of cold water and beat well until cool and smooth.

Cottage Cheese Balls.

One-half cup thick white sauce, made from ½ cup milk, 2 tablespoons flour, 1 tablespoon butter, salt and pepper, 2 cups cottage cheese, 2 cups mashed potatoes, 1 egg beaten, bread crumbs.

Method: Make white sauce. Gradually beat cottage cheese into it. Add mashed potatoes, season, make into soft balls, roll in bread crumbs, then in beaten egg, then in bread crumbs again. Fry in kettle of deep fat until a golden brown. These cheese balls are delicious served with tomato sauce.

Baked Bread and Cheese.

Four medium slices of bread, or 2 cups cold cooked rice (dry), 1 egg, 1 egg yolk or an egg white, 2 cups milk, ¼ teaspoon salt, cayenne pepper, butter, 1 cup cottage cheese, ¼ teaspoon soda, ½ teaspoon onion juice, parsley and pimento, or piccalilli or chili sauce; nuts if desired.

Butter the bread and cut the slices in squares or diamonds. Place a layer, buttered side down, on the bottom of a large shallow buttered baking dish. Dissolve the soda in a little of the milk, and with it mix the cheese to a soft cream. Add parsley and pimento or sauce if desired. Spread a thick layer of the cheese lightly over the bread and cover with the rest of the bread, buttered side up. Beat the eggs well, mix them with the milk and seasonings, and pour them over the bread. Bake in a slow oven till a knife thrust into the custard comes out clean. If the milk is warmed and added gradually to the beaten egg, and the baking dish is set in a pan of hot water the custard will not curdle.

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Cottage Cheese Pie.

One cup cottage cheese, ½ cup maple syrup, 1-3 cup honey, 2-3 cup milk, yolk of 2 eggs, beaten, 2 tablespoons melted butter, salt, ½ teaspoon vanilla.

Mix the ingredients in the order given. Bake the pie in one crust made of potato or rice. Cool it slightly, cover it with meringue, and brown it in a slow oven.

Cottage Cheese Salad.

Mix thoroughly 1 pound of cheese, 1½ tablespoonfuls of cream, tablespoonful of chopped parsley, and salt to taste. First, fill a rectangular tin mold with cold water to chill and wet the surface; line the bottom with waxed paper; then pack in three layers putting two or three parallel strips of pimento between layers. Cover with waxed paper and set in a cool place until ready to serve; then run a knife around the sides and invert the mold. Cut in slices and serve on lettuce leaves with French dressing and wafers. Minced olives may be used instead of the parsley, and chopped nuts also may be added.

Salad Combinations.

Two cups cottage cheese, 1 cup pickled beets, cut up, mix and add salad dressing.

This makes a very pretty salad. Serve on crisp lettuce.

Cottage Cheese Omelet.

Two eggs, ¼ teaspoon salt, 3 rounded tablespoons cottage cheese, 1 tablespoon chopped pimentos, 2 tablespoons milk, ⅛ teaspoon soda.

Beat the yolks and whites of the eggs separately. Add to the yolks the salt, the milk and the cheese with which have been blended the pimentos, finally fold in the stiffly beaten whites; pour into a hot frying pan in which has been melted about ½ tablespoon butter. Cook the omelet slowly until the egg has set, place in the oven for a few moments to finish cooking and fold over in the center. Garnish with parsley. Other seasoning may be used, such as chopped parsley, green pepper or minced harm.

Spiced Cheese Pudding.

Two slices stale bread, 2 eggs, ½ teaspoon salt, 1 cup milk, 1 cup cottage cheese, ¼ teaspoon soda, ½ cup sugar, ¾ cup seeded raisins, ½ teaspoon allspice, ¼ teaspoon mace, ¼ teaspoon cloves.

Cut the bread into cubes and place in a greased baking dish. Beat the yolks and whites of the eggs separately. Blend with yolks the milk. salt and sugar, and cheese, to which has been added the soda. Add the spice and chopped raisins and lastly fold in the stiffly beaten whites. Pour this mixture over the cubes of bread and bake like a custard in a moderate oven.

Corn muffins or cold rice cooked dry and flaky must be substituted for bread.

Cottage Cheese Club Sandwich.

This sandwich is made of three good-sized slices of toasted bread, one or more being spread thickly with cottage cheese. Lettuce or water cress and salad dressing are also used. The rest of the filling may be varied to suit the taste or the larder. The sandwich is cut diagonally across, and served on an individual plate with the halves arranged in diamond shape. It is desirable to toast the bread on one side only, and to cut it immediately after toasting, as otherwise the pressure of cutting crushes out the cheese and spoils the appearance of the sandwich. The cut slices may be placed together again while the sandwich is being filled, and the filling may be sliced through with a sharp knife.

Variations: In addition to the cottage cheese, these club sandwiches may contain:

1. Tomato, lettuce, mayonnaise dressing.
2. Thin sliced cold ham spread with mustard, lettuce, mayonnaise.
3. Sliced tart apple, nuts, lettuce, mayonnaise.
4. Sliced orange, watercress, mayonnaise.
5. Sliced Spanish onion, pimento, lettuce, mayonnaise.
6. Two tiny strips of bacon, lettuce, mayonnaise.
7. Cucumber or green pepper, pimento, lettuce, mayonnaise.
8. Sweet sandwiches may be made with layers of cottage cheese and marmalade, or a paste made of dried fruits. For these the bread need not be toasted, and the lettuce and mayonnaise should not be used.

Sandwich Fillings.

Cottage cheese may be used as a sandwich filling, taking the place of meat or egg filling. Oatmeal, graham and brown bread lend themselves well to cottage cheese sandwiches.

Variations: The cheese may be combined with nuts; grated cheese, pimentos, horse radish, chopped or sliced olives, whole or chopped nuts, sliced celery, chives, Spanish onions, raisins, dates, prunes softened by soaking, freshly crushed mint leaves, honey, jelly, or marmalade.

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Skim Milk Is Good Food.

It has the lime and protein and sugar of the whole milk. Use it, but use whole milk, too. Skim milk lacks fat and has not so much of the growth substances as has whole milk.

Milk should not be the only food for children, of course. They need vegetables, fruits, and cereals. But even the bigger boys and girls should have milk. Milk is good for grown people, too. They still need the lime and protein and its other substances. Don't think of it only as a refreshing drink, but as a good nourishing food.

MILK THE BEST FOOD INVESTMENT

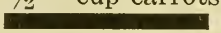
You cannot afford to do without milk. Every child ought to have a quart a day, every grown-up at least a pint.

Why is milk so important? Everybody needs LIME, and milk is the best and cheapest way to get it. Children need lime to build bones, adults to keep their bones in good condition. Besides this, everybody needs some lime to keep the blood right. People seldom have enough if they do not use milk. Whatever other foods we may have, we cannot afford to leave milk out of the diet because of its lime. No matter how rich the diet may be, the adult should have at least one-half pint of milk a day, and no child should be expected to thrive with less than a pint.

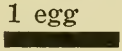
AMOUNT OF LIME IN

1 cup of milk

½ cup carrots



1 egg



2 slices of bread

Milk is the cheapest food for lime. Buy milk. You and your children need its lime.

Milk gives your children the body-building protein, one of the materials from which their bodies are made. Milk is like eggs and meat in this. When we drink milk we give our bodies proteins which are changed and become part of our muscles and blood. The milk protein is good for everybody and especially good for children. They need a great deal of it because their bodies grow so fast.

Milk gives your children lime and other salts which they need. There must be plenty of lime in their food, for a great deal of it is needed for their bones and teeth and a little for their blood and all other parts of their bodies. Right food, not drugs, is what children need. Big boys and girls and grown people, as well as children, need lime, because the bones are constantly wearing away little by little and must be replaced.

Milk is the chief food for lime. It is much richer in it than other common foods. These lines stand for lime, the top one for the lime in a cup of milk, the others stand for the lime in a serving of some other foods. Notice how much more there is in milk than in the others.

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Lemon Cheese Pie.

One cup cottage cheese, 2-3 cup honey or ¾ cup corn syrup, yolk of 1 egg, beaten, 2-3 cup milk, 2 tablespoons butter, 2 tablespoons cornstarch, juice and grated rind of 1 lemon.

Heat the milk, add the sweetening and the cornstarch, and cook the mixture until it is thick, stirring it constantly. Then add the egg, and cook the mixture until the egg thickens. Add the cheese, the butter, the juice and the rind of the lemon. Pour the mixture into a well-baked crust made with potato or rice. Cover it with meringue, and brown it in a slow oven.

CHEESE DISHES

Rice with Cheese Sauce.

Blanch half a cup of rice; add one cup of boiling water (or broth from left over meat flavored with celery, onion or parsley), half a cup of tomato puree and half a teaspoonful of salt. Let cook until the rice is tender and the liquid is absorbed. For the sauce, cook two tablespoonfuls of flour in two tablespoonfuls of butter; add one-fourth a teaspoonful each, of salt and pepper and one cup of skimmed milk and let cook until boiling. Add half a cup of grated cheese, and, when melted, serve with the rice as the main dish at luncheon or supper.

Welsh Rabbit.

One tablespoonful butter, ½ pound cheese, 2-egg-yolks or 1 whole egg, ½ cup cream, salt and paprika, ¼ teaspoonful soda.

Put the butter into a hot dish, let melt and run over the bottom; add the cheese, grated or cut fine, stir constantly until the cheese is melted, then stir in the yolks of eggs, beaten and diluted with the cream; add also the salt, paprika and soda. Stir until smooth and creamy then serve on the untoasted side of bread, toasted but upon one side, and disposed in shallow, individual egg dishes.

Cheese Timbales.

Two tablespoonfuls butter, 2 tablespoonfuls flour, ½ cup cream, ½ cup milk, ½ cup white stock, ½ pound grated cheese, salt and paprika, 3 whole eggs and 4 yolks of eggs.

Make a sauce of the butter, flour and liquid; in this melt the cheese, and add the seasonings and the eggs beaten until well mixed. Bake in very small timbale moulds, standing on a folded paper in a pan of hot, not boiling water. Let cook until centers are firm. Serve hot with cream or tomato sauce. If desired more firm, use but one-fourth a cup of stock.

Cream Cheese Salad.

Mix one pint of soft cottage cheese with one-fourth cup of cream. Season with salt and pepper. Shape into balls and press two walnut meats into the top of each ball. Serve on lettuce with two thin strips of pimento as a garnish.

Sandwich Filling.

One cream cheese, ½ pint thick cream, pinch of celery salt, pinch of common salt, 1 ten cent bottle of stuffed olives cut in slices. Spread between buttered bread.

Cheese and Horseradish Sandwiches.

Mix cream cheese and fresh-grated horseradish with cream and a few drops of lemon juice. Use to spread graham or whole-wheat bread prepared for sandwiches. Serve with hot coffee and cream.

Cottage Cheese Loaf with Beas or Peas.

One cup cottage cheese, ¼ teaspoon soda, 2 cups cooked beans, 1 cup boiled rice (dry), 1 cup dry bread crumbs, 2 tablespoons chopped onion, or ½ teaspoon onion juice, 2 tablespoons butter, chopped celery or celery salt, or pimentos, or mixed poultry seasoning.

Peas and small lima beans may be used whole. Mash larger beans or put them through the meat chopper. Mix beans, cheese, bread crumbs and seasoning together well and form into a roll. The roll should be mixed very stiff, for it will become much softer on heating. Bake in a moderate oven, basting occasionally with a well flavored fat. Serve with tomato or other sauce.

Cheese and Potato Croquettes.

One cup cottage cheese, 2 tablespoons chopped parsley, 1 rounding teaspoon chopped green pepper, ¼ teaspoon soda, ½ teaspoon salt, dash of cayenne, dash of paprika.

Mix these ingredients very thoroughly and form into small rolls. Then imbed the rolls in mashed potatoes which have been seasoned with salt and pep-

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MEALS FOR CHILDREN

Conservation of children is as important for the nation as conservation of food. The two must go together. We must protect the health of our children. They cannot grow strong and be active and happy without the right kinds of food. We know today better than ever before what those kinds are and how we must use them.

Meals must be regular, breakfast at the same hour every morning, dinner at noon and supper early in the evening, on the minute each time. Every child needs at least three meals a day, very little children require four or five. All young children should go to bed soon after supper.

Children should never have anything but water between meals. This they should have frequently. They should never have tea nor coffee to drink.

Milk, the Great Protector Against Malnutrition, is the Best Growth Food.—If possible, every child under six should have a quart a day; those older, the same amount if it can be afforded. No child should have less than a pint a day.

Little children will drink a cup of warm milk at each meal and take the rest on cereals or toast. Older children will drink less but will eat such milk dishes as cream soups, cereal puddings and scalloped vegetables.

The Best Breakfast For Children is Milk, Well-Cooked Cereal and Bread or Toast.—Stewed fruit may be added to keep the bowels regulated. For children over six the milk may be flavored with a little cocoa and served hot.

Cook Cereals Thoroughly—Corn meal and hominy grets may be given now and then. Serve the cereals with plenty of milk, but little or no sugar. A good sweetening is a very little molasses or syrup or a few cut dates, stirred in just before serving.

Most children learn readily to eat cereals. Mothers should take pains to see that they are well cooked and insist on their being eaten for the sake of the children's health.

Children's dinners should be simple, including milk, fresh vegetables, potatoes, bread and, if possible, stewed fruit or a milk pudding.

Green Vegetables Help to Make Children Grow.—For little children they should always be cooked and put through a sieve. This sifted pulp can best be combined with milk in a cream soup. Spinach, string beans, pinto and other dried beans, carrots and peas, fresh or dried, make excellent soups. Older children may have vegetables of many kinds.

Fruit Helps to Keep Children's Bowels and Blood in Good Condition.—Fruit juice should be included in the diet of very little children once a day (in the morning) between two meals. Stewed fruit, or perfectly ripe raw fruit, should be given older children at least once a day. Bananas should be cooked unless they have brown-speckled skins, showing that they are really ripe. Dried fruits may be used instead of fresh ones. Stewed prunes, baked apples, apple sauce, stewed figs and raisins are all excellent. But not even fruit should be allowed between meals.

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Children's Suppers Should be Very Simple Indeed.—Bread or cereal and milk with a milk pudding will do nicely for this meal. Stewed fruit with gingerbread or cookies may take the place of the pudding.

Milk puddings include custards, junket, rice, tapioca, corn meal and ot' cereal puddings. These are all fine for little children, who need ve .utritious food to keep their active little bodies from getting thin an . wh ite instead of heavy and rosy.

Children shoul never be given tastes of other people's food, and nev r have fried f .s, pickles, soda water, rich cake, rich puddings and sau es.

SOM OD MODELS FOR CHILDREN'S MEALS.

MARY SWARTZ ROSE, Ph. D.
(Life Extension Society, New York)

Children 1½ to 2.

6 A. M.—1 cup of warm milk.

8.30 A. M.—2 tablespoonfuls of prune pulp and juice.

9.30 A. M.—1 cup of warm milk.
½ cup of well-cooked cereal (served with part of the milk); 1 small slice of toast.

1.30 P. M.—1 cup of warm milk.
1 teaspoonful of egg yolk (in a little of the milk).
1 slice of bread.
1 teaspoonful of sifted and salted spinach, carrots or peas.

5.30 P. M.—1 cup of warm milk.
½ cup of well-cooked cereal (served with part of the milk).
1 small slice of toast.

10 P. M.—1 cup of warm milk (this need not be given if the child sleeps through the night without it).

If this food does not satisfy, give a little more milk, and bread, a teaspoonful of butter spread on the bread, or more cereal. Do not add other kinds of food.

Children 2 to 4.

7 A. M.—Juice of one orange or mashed pulp of 1 baked banana or ¼ cup of apple sauce (from fresh or dried apples).
Bowl of well-cooked oatmeal, with milk.
1 or 2 slices of lightly buttered toast.
1 cup of milk to drink.

10 A. M.—1 cup of milk with or without one slice of bread.

1 P. M.—Bowl of soup made with milk and one or two tablespoons of vegetable pulp.
1 egg yolk on toast or with 1 small baked potato.
1 or 2 slices of bread lightly buttered.
1 small cup of rice or constarch pudding, served with milk.

5.30 P. M.—Bowl of steamed rice, or other cereal with milk.
1 or 2 slices of lightly buttered toast or bread.
1 cup of milk to drink.

Children 4 to 8.

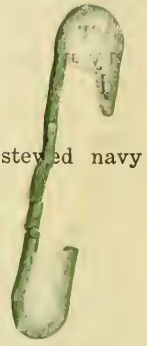
7 A. M.—4 or 5 stewed prunes or 1 baked banana or ½ cup stewed fruit (fresh or dried).
Bowl of well-cooked cereal (oatmeal, hominy, farina or corn meal) with milk.
2 slices lightly buttered toast.
1 cup of milk to drink.

12.30 P. M.—Bowl of split pea soup with crisp crackers.
1 baked potato or dish of creamed macaroni or boiled rice.
Small serving of some green vegetable or of stewed fruit when possible.
Cup of custard or bread pudding with milk.

(Continued on Page 47)

5.30 P. M.—Scrambled egg on toast or bowl of cereal with dates and milk.
Bread and butter.
2 small plain cookies.
Cup of milk to drink.

Children 8 to 12.



7 A. M.—½ orange or 4 dates.
Oatmeal with milk.
Toast, lightly buttered.
Milk to drink (may be made into cocoa).

12.30 P. M.—Creamed macaroni sprinkled with grated cheese or stewed navy beans with bread sticks, or split peas with bacon.
Bread and butter.
Stewed figs, raisins or fresh fruit in season.
Gingerbread.
Milk to drink.

6 P. M.—Beef stew with potatoes and carrots.
Bread and butter.
Tapioca pudding with milk.
Milk to drink.

Some Other Things Besides Food Which Help to Make Children Well and Strong.

SLEEP—Put the children under five to bed at 6 o'clock every night, those from five to seven to bed at 7, those eight to ten at 8, and those ten to twelve at 9. Never break this rule.

REST—Put the children under 6 to bed for an hour in the middle of the day. Make them stay there whether they sleep or not.

FRESH AIR—Keep the windows in the sleeping room wide open. Sleeping out of doors or from a window tent is the best if it can be arranged.

When milk is heated for children use a double boiler, but do not boil the milk.

PASTEURIZATION OF MILK.

Pasteurized milk is milk which has been heated to 145 degrees F. and held at that temperature for thirty minutes.

Pasteurization has come to be a necessity in cities where large quantities of milk obtained from various sources are distributed.

It should be subject to public supervision by proper authorities.

Dr. Charles E. North says that under existing conditions ideal milk is pasteurized clean milk from healthy cows.

Proper pasteurization of milk is at once a safeguard to public health and a protection of milk distributors.

Lactation makes a heavier demand upon the mother for mineral nutriment than any other incident in her life, and the most efficient method of providing the mineral requirement is, naturally, through the use of milk, or foods made from milk while she is nursing her baby.

WHOLE MILK IS BEST.

Every dairy farmer knows that whole milk is the best food for a young calf, and that if skim milk is substituted the calf begins at once to lose its sleek coat and thrifty appearance. The same is true of other animals. The young child also thrives best on whole milk.

Dr. E. V. McCollum has discovered why this is true; namely, that a recently defined fat soluble growth-promoting factor exists to a far greater extent in milk fat than in any other, and is entirely lacking in vegetable oils and most butter substitutes.

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CONDENSED MILK.

"If you take canned milk as a regular diet for a young infant you will in all probability, do that infant a great injustice, because in canned goods, occasionally you will get a can in an unwholesome condition, from a bacteriological standpoint, and when you open a bad can you give your infant something which may blight his life. Infants should have extraordinary care in their feeding. No expense, or no reasonable expense should be spared in getting fresh, clean, wholesome milk for feeding infants. The infant is a delicate little thing compared with the adult, and we should give him extraordinary care because of it."

—DR. E. V. McCOLLUM.

WHAT IS THE EFFECT OF MALNUTRITION ON THE CHILD?

"The child who suffers from malnutrition, regardless of what has caused this abnormal state, is very poor clay to mould," states a report of the New York School Lunch Committee. "Such children are usually torpid, irritable, and when they are not impervious to education, are backward and retard the progress of the rest of the class. It can hardly be doubted that the expenditure of money on the education of a child in this condition does not result in much benefit either to the child or the state.

"The condition of a child's body is dependent on food, and it is essential to provide him with the most nourishing foods in adequate quantities and at proper times if we wish to fit him to meet the stern realities of life."

WHAT IS THE GREATEST CAUSE OF UNDERFEEDING?

Ignorance of food values and of how to get the most nutrition for money spent, is as much a cause of wrong feeding as is lack of money.

MILK GIVES YOUR CHILDREN FUEL.

Milk gives children the fuel to keep warm and to help them run and play and work, much as an automobile needs gasoline or a steam engine needs coal. Children are so active that they need more fuel for their size than grown people do.

"Of all the fields of education, none offers greater opportunity to the educator for bringing happiness into the lives of people than teaching people how to live. As eating is one of the necessities of life, he who teaches another what is best for him to eat is helping that individual to live."—William Eustis Brown.

FOOD FOR SCHOOL CHILDREN

The good health of a grown person depends largely on the food he ate when he was a child. Children must eat at regular times and should be given food that will make muscle and bone and flesh.

The breakfast of a school child should be: Fruit, a plate of well cooked cereal, milk and sugar, a soft cooked egg, bread and butter, milk.

The dinner should be: Some meat or fish cooked without fat, macaroni, rice, a baked potato, fresh vegetable, simple pudding and bread.

The supper should be: Bread and butter, stewed fruit and milk.

Foods especially bad for children are tea, coffee, pies, pork, pickles, fried food and veal.

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per, forming a larger roll of each. Roll the finished croquettes in egg and bread crumbs and fry in a pan containing about 1 tablespoon of hot fat or brush with melted fat and brown in a hot oven.

Pimento and Cottage Cheese Roast.

Two cups cooked cereal (rice, etc.), 1 cup cottage cheese, 1 cup dry bread crumbs, 3 pimentos (chopped fine), 1⅓ teaspoons salt, ¼ teaspoon soda, ¼ teaspoon pepper, liquid, if necessary.

Blend all together very thoroughly making the mixture very stiff. Form into a roll and bake about 25 minutes, basting from time to time with savory fat or meat drippings if necessary.

Cottage Cheese Loaf.

Two cups cottage cheese, 1 cup leftover cereal, 1 cup bread crumbs (dried in oven), 4 tablespoons peanut butter, ½ cup chopped peanuts, 1 teaspoon onion juice, a pinch of sage, salt, cayenne and paprika, liquid, if necessary, to mix.

Form into a loaf and bake in a hot oven 20 or 25 minutes or until brown. Or bake in a greased bread tin and turn out on a platter. The cracklings left from tried-out fat or partially tried-out ground suet may be used in place of peanut butter.

Plain Cottage Cheese.

Cottage cheese may be served plain, as the main dish of a luncheon or supper in place of cold meat.

Variations: Mix broken nut meats, chopped pimentos, finely cut green peppers, diced cucumbers, or other crisp vegetables with the cheese. Horseradish, onion juice and parsley make a good combination.

Season dry cheese rather well, pack into a buttered earthen or enamel dish, chill it, turn it out on a platter, and serve it in slices like cold veal loaf.

Mix with the cheese a small quantity of leftover ham or corned beef, finely ground, and season the whole with made mustard. Serve this in slices, or turn the mold out on a border of lettuec leaves.

DRINKS

Buttermilk a Food Drink.

A pleasant, refreshing beverage and a nourishing food combined in one product is found in buttermilk. It contains practically all the food materials of whole milk with the exception of the fat, most of which is removed in the process of churning. Buttermilk contains about 3 per cent of protein, nearly 5 per cent of carbo-hydrates in the form of milk sugar, 0.7 per cent of mineral constituents, and 0.5 per cent of fat. Thus a quart of buttermilk furnishes slightly more than an ounce of protein, one of the chief body builders.

The increasing consumption of buttermilk testifies to its popularity as a beverage. People are beginning to realize that it is much better to drink a glass of milk or buttermilk than it is to consume other drinks having little food value. Many physicians recommend buttermilk in the treatment of certain intestinal disorders, and it is also gaining in favor in hospitals.

Prepared buttermilk is usually made from skim milk and has all the chemical properties of buttermilk. If it is churned, as is usually the case, it agrees in appearance and flavor with real buttermilk. In fact, it is often a better product especially if clean, sweet skim milk is used and it is carefully ripened and churned. Prepared buttermilk can be made in the city home but more uniform results can be obtained when it is made on a large scale, and for that reason it is usually better to purchase it from a reliable dealer.

Cocoa.

For each person allow ½ cup of milk, ½ cup of water. Set on the stove, when at the boiling point add 1 teaspoon cocoa mixed with 1 teaspoon sugar wet with a teaspoon of cream. Let boil 1 minute and serve.

Whey Lemonade and Punch.

1 quart whey, 6 tablespoons sugar, juice of 2 lemons, slices of lemon or a little grated or diced rind, nutmeg or cinnamon; mix, chill and serve as a beverage.

Buttermilk Lemonade.

"Buttermilk lemonade" usually requires the juice of 3 lemons to 1 quart of buttermilk. The quantity of lemon and sugar however, should be varied to suit the taste of the individual. The beverage is delightful.

Lemon Whey.

Mix one pint milk, one pint sugar, the juice of two lemons and boil five minutes. Strain, sweeten to taste and set in icebox to cool.

Coffee Lait.

One tablespoonful of coffee and one-half cup cold water for each person to be served, boil hard three minutes, add equal amount of hot milk, serve.

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A FEW MILK FACTS.

Keeping Milk Sweet.

To keep milk sweet in hot weather add two teaspoonfuls of limewater—which is beneficial rather than otherwise—to every pint.

Milk sours and is thrown away. REMEDY. Heat while fresh in sealed bottles, cool quickly, cover, and place in the ice box or in a cold place. Cooled quickly, covered and kept cold, milk will not sour easily.

To make milk sweet after it has started to turn put a little saleratus into the milk and put on the stove. Let it come to a boiling point, then take off and set to cool. It will be as sweet as ever.

Slices of stale bread dipped in milk and baked in a hot oven make delicious rusks.

When cream is whipped too much it will granulate. To bring it to the right consistency add about two tablespoons of milk to half a pint of cream, then turn the beater till clear.

When boiling milk with tripe or onions, it will keep sweet for at least two days if you add a teaspoon of rice.

A teaspoon of grated horseradish in a pan of milk will keep it sweet some time.

Leaves of Rubber Plants can be kept glossy by rubbing them with skim milk.

Do not limit your supplies of milk and table butter, but consume it all. Dont waste any.

Ink stain can be removed from a carpet by using 2 quarts of sour milk, sopping up with clean cloths. After the stain is removed wash the carpet well with warm water and a little ammonia to remove the grease.

For ink spots on the carpet. Make a paste of sweet milk and cornmeal. This must be left on the spots over night. Sweep off the next morning and the colors will be found as bright as ever.

To brighten oilcloth, rub all over with a cloth dipped in milk after washing in the usual way.

To remove wine spots from a white table cloth rub over spots powdered starch, then pour a little milk over the starch, leave for a while, then wash with soap and water.

Cut a raw potato into small pieces and shake vigorously in the bottle, and stains will quickly disappear from milk or water bottles.

If cracked dishes are boiled in enough sweet milk to cover them, for about 45 minutes, the cracks will glue together and the dishes will often stand almost as much usage as when new.

We think of milk as a food for babies, as a beverage and as something to be used in cooking, but there are other uses to which it may be put. Milk, sweet or sour, is often used to take out ink stains. If the stained garment or article is white, put to soak in sour milk over night.

To remove mildew, soak over night in buttermilk and spread on the grass in the sun.

To bleach clothes that have turned yellow, put them to soak in buttermilk for several days in a stone jar. Take out and rinse thoroughly and boil in light suds.

To clean silver, put the silverware in a pan and pour on enough sour milk to cover it. Let stay until bright and clean; then wash in warm water and a few drops of ammonia.

A cup of milk put in the water when boiling old potatoes will keep them from becoming discolored.

Fresh milk boiled with cut sugar will soothe a cough.

A thin person will greatly improve in appearance if he will drink a glass of warm milk every night before retiring.

A person who is weary or exhausted will find a glass of hot milk very refreshing. In case of tonsilitis, hot milk can often be taken when solid food cannot, and it helps to keep up the patient's strength.

If your teakettle has become incrusted with lime, fill it with sour milk and let it stand a while. This will take off the lime.

For Insomnia or Sleeplessness.

Heat milk over boiling water until it is hot but not scalded. Shake in a few grains of salt and sip it by the teaspoonful. One of the best "nightcap drinks."

When it is necessary to cook milk do so in a double boiler.

When heating milk for bread-making rub the pan around the edge with butter, and it will never boil over.

If a shiny surface is desired on pastry, brush lightly with milk.

Valuable Cooking Wrinkles.

When using milk it is useful to know that sour milk makes a spongy, light cake; sweet milk, one which cuts like pound cake. With sour milk soda alone is used; with sweet milk soda and cream of tartar. Never use fresh and sour milk for the same cake. Butter should be beaten to a cream, and the sugar added very gradually; next the yolks of eggs, then the flour, then the whites of the eggs, and finally the flavoring or spice.

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CANDY

Chocolate Fudge.

Two cups sugar, 2-3 cup sweet milk, 2 teaspoonfuls molasses, 2 squares melted chocolate. Boil this until when a little dropped into cold water can be formed into a ball. Remove from stove, add vanilla and butter size of an egg. Beat until it thickens and pour into pans. Nuts may be added.

Chocolate Fudge.

Two cups sugar, ½ cup rich milk, 3 tablespoonfuls cocoa, 1 teaspoon butter, 1 teaspoon vanilla. Stir sugar and cocoa together then add milk, when hot add butter. Cook from 5 to 7 minutes or until it forms a soft ball in cold water. Add vanilla, take off stove and beat until smooth and creamy. Pour in buttered dish and cut in squares.

Penuchie.

Three cups brown sugar, 1 cup cream, boil until it forms soft ball when tried in cold water. Then remove from fire, and put in butter size of a walnut, 1 teaspoon vanilla, and 1 cup chopped nuts. Beat until it begins to harden then pour into tin, cool and cut in squares.

Old-fashioned Chocolates.

Dilute the white of an egg with an equal amount of milk, stir in enough confectioner's sugar to roll into balls. Flavor with 1 teaspoonful vanilla. Dip balls into melted chocolate placed on waxed paper and set to cool.

Peanut Butter Fudge.

Two cups sugar, 1 cup milk, 2 tablespoons peanut butter. Cook 5 minutes after it begins to boil. Remove from stove, add a little vanilla and beat until it thickens. Pour into buttered pan.

SCIENTIFIC MILK TERMS

Vitamines—The name given to the substances which promote growth. Comparatively little is known of these growth-promoting elements except that they exist in some foods and not in others. Obviously the diet of a growing child is insufficient unless it includes food which furnishes Vitamines in liberal quantities.

Calories—A calory is a unit of measurement just like an inch or a pound. It means the amount of heat required to raise the temperature of one pound of water one degree. It is used to measure the amount of fuel furnished by various articles of food and—consequently—to determine the energy value of such foods.

Mineral Materials—The material which keeps the bones, teeth, nails, etc., in good repair.

Carbohydrates and Fats—These two nutrients constitute the fuel which the body burns to generate heat and energy.

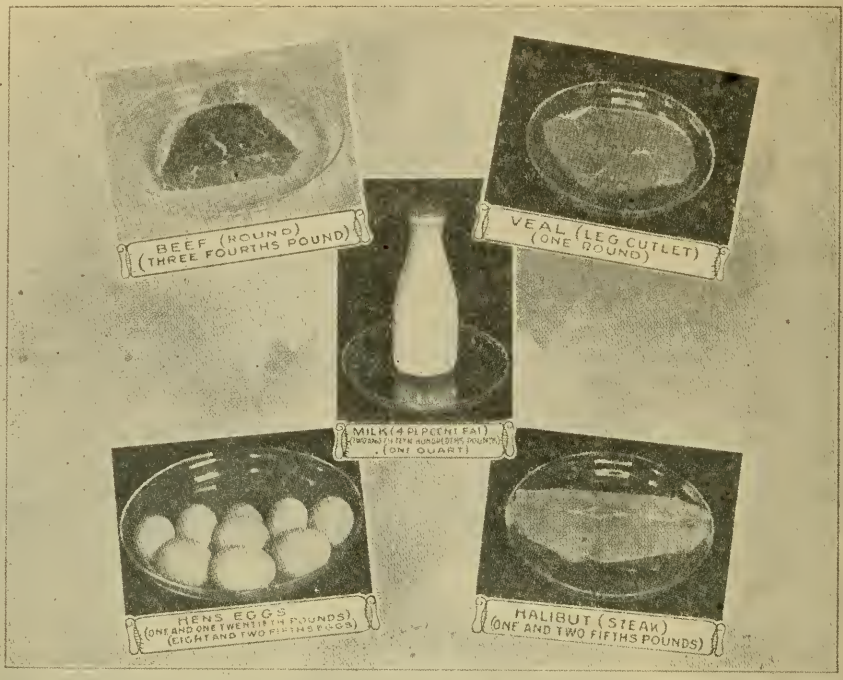
Food Nutrients—Those parts of an article of food which the body can use for nourishment. The four main food nutrients are Proteins, Carbohydrates, Fats and Mineral Material.

Proteins—The proteins are to the body just what brick and mortar are to a house —Building Material. The body requires a certain amount of protein to keep the muscles and tissues in repair.

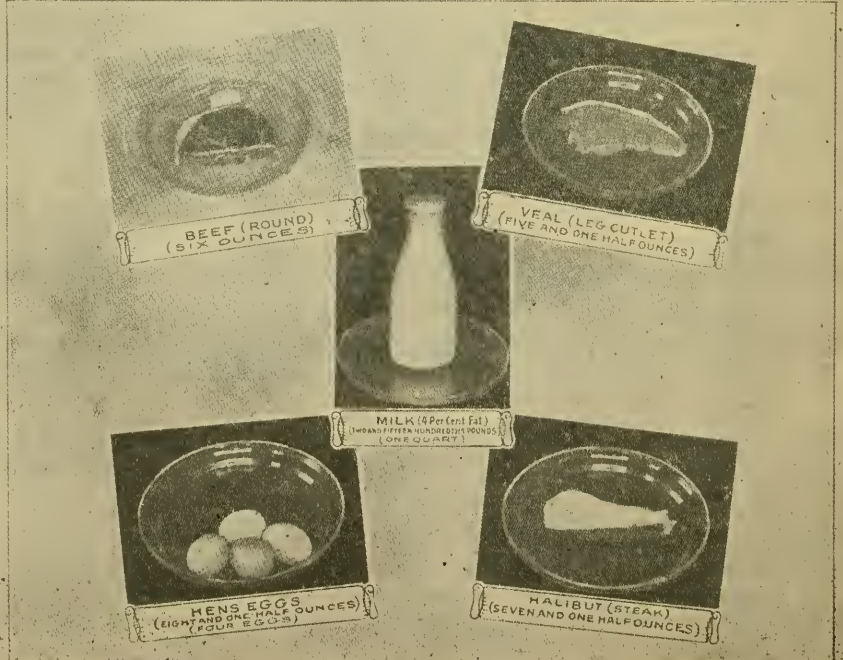
Pasteurized Milk—Milk that has been held at a temperature of 145 degrees for 30 minutes and then quickly cooled to 40 degrees. This process destroys any harmful bacteria which may have found their way into the milk while it does not affect either the taste or the food value of the milk.

Certified Milk—Raw milk produced and sold under the supervision of medical authorities who "Certify" as to its purity.

FOOD NUTRITION — FUEL EQUIVALENTS



FOOD NUTRITION — PROTEIN EQUIVALENTS



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